Saskatoon Friendship Inn

1996/97 Solvent Abuse Prevention Project

Project coordinators:
Cindy Sieben
Alandra Taylor

Solvent Abuse - A Community Problem Seeking a Community Solution

When this project began in 1995, solvent abuse was on the increase in Saskatoon. Many people in this community were unaware of the problem, or indifferent to it. The problem so quickly devastates individuals and families that those who were aware of it often felt unable to consider solutions. This project offered a means for individuals and agencies to begin to address the problem. Through this project we have found that collective action may be the only effective way to address a problem of this magnitude and severity.

The objectives of this project were to :

Increase the awareness of Solvent Abuse
Reduce the incidence of Solvent Abuse among Saskatoon's inner city community

A large part of this project has been about involvment. Individuals and agencies were actively engaged in finding solutions to solvent abuse. Information about solvent abuse needed to be made public. This was done in a variety of ways. Printed material, workshops, and the media proved to be effective. Solvent Abuse Prevention Week was an extremely effective strategy to raise awareness.

This last years' work has been broken down into the following areas-

- Strategies to address the precursors to solvent abuse in the inner city community

- Workshops for health care workers and other service providers

- The initiation of the Saskatoon Solvent Abuse Prevention Committee and sub committees
    - Solvent Abuse Prevention Week
    - Youth, Families Education and Awareness
    - Response Team

- The creation and distribution of printed materials

Certainly, the awareness of solvent abuse has increased over the past year. Many people and organizations have become involved in working towards solutions. Our efforts over the last year are certainly endorsed by the agencies involved in the membership of the Saskatoon Solvent Abuse Prevention Committee.

103-00556/

Involving the Inner City Community

The Toli Hearts

The Toli Hearts is a group of inner city residents that initially formedin 1995, wishing to speak to their concerns about solvent abuse. Through weekly meetings, this group guides the cultural, family and youth activities that are run out of the Friendship Inn. In addition, this group created and adapted material on culture, parenting and sexual harassment that they felt would be beneficial to others in the community. Some of the Toli Hearts allowed us to share their experiences with solvents, or other challenges faced by people in the inner city.

Who are the Toli Hearts?

The Toli Hearts are a group of people working together to prevent solvent abuse before it starts.

What do the Toli Hearts believe?

The Toli Hearts believe that people use solvents (or practice other addictions) because they are unable to cope with the pain in their lives.

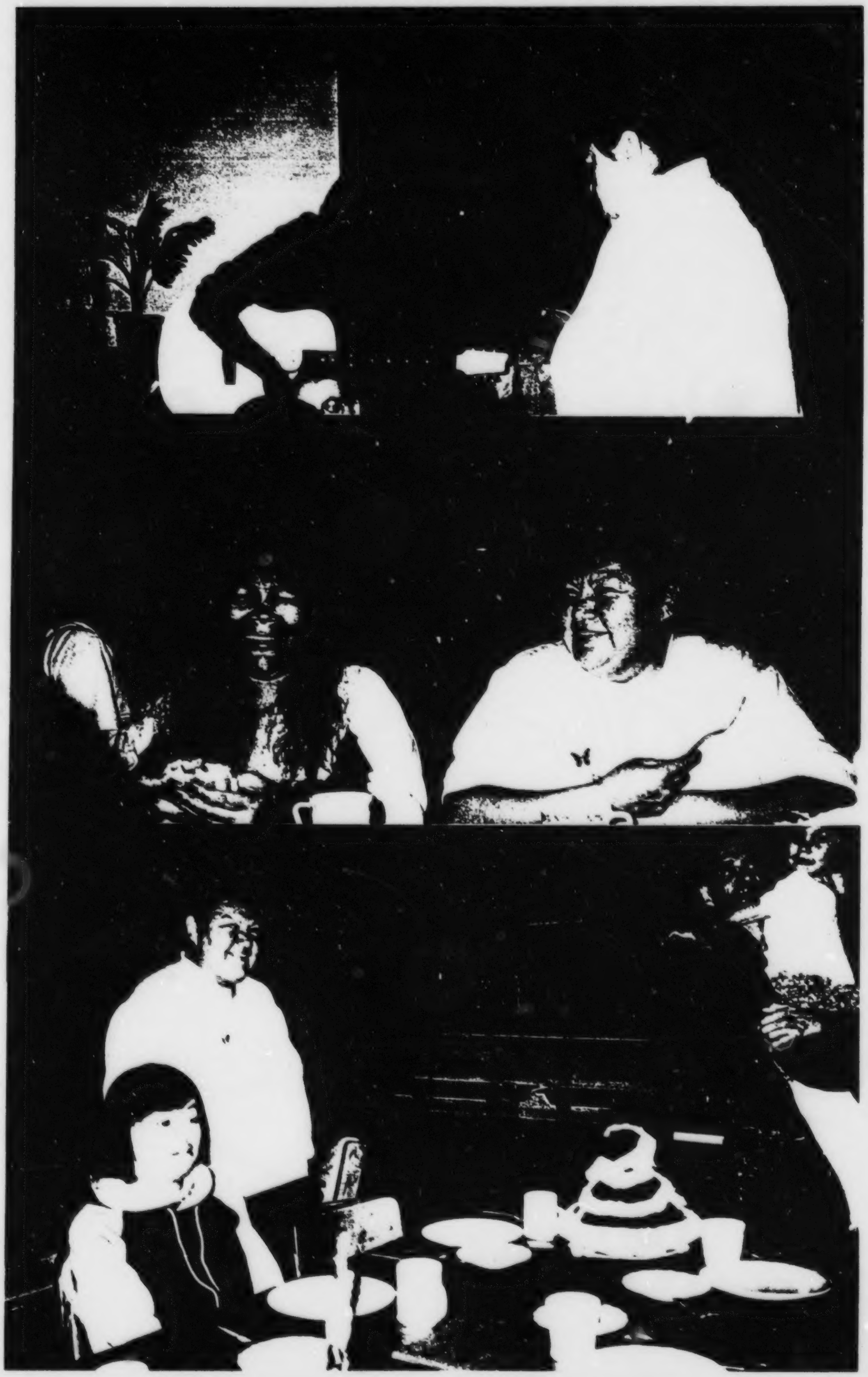
What do the Toli Hearts do?

Each week, the group meets and plans activities that support children, families, individuals, and their community. The activities are varied. Some are recreational, some are educational, and some are spiritual or cultural. Some of the Toli Hearts are involved in other activities at the Friendship Inn or in the community. The Toli Hearts also strive to support themselves by getting their needs met in positive ways.

How can I get involved?

The group meets each week on Wednesday at 2 p.m. at the Friendship Inn. If you are interested in becoming involved, come to a meeting or talk to Cindy.

Toli-hearts Christmas Party



Friendship Inn
619 - 20th Street West
SASKATOON, Saskatchewan
S7M 0X8
Telephone 242-5122

Georgie Kyle
Educational Services
The Star Pheonix
205 5th Avenue North
Saskatoon, Saskatchewan
June 19, 1996

Dear Georgie,

Enclosed is a list of families who are interested in taking part in the "Summer Reading Program". Thank you for making this opportunity available to the families we work with.

Sincerely,

Cindy Sieben
Solvent Abuse Prevention Coordinator

The Ten Indian Commandments

1. Treat the earth and all that dwell thereon with respect.
2. Remain close to the great spirit.
3. Show great respect for your fellow beings.
4. Work together for the benefit of all mankind.
5. Give assistance and kindness whenever needed.
6. Do what you know to be right.
7. Look after the well being of the mind and body.
8. Be truthful and honest at all times.
9. Take full responsibility for your actions.
10. Dedicate a share of your efforts to the greater good.

In addition to the sacred teachings concerning the nature of things and of the gifts of the four directions, the teachings of the Sacred Tree include a code of ethics to which all should conform their lives of they wish to find happiness and well-being. This code described what wisdom means in the relationship between individuals, in family life and the life of the community. These are sparkling gems of experience practised by Aboriginal peoples everywhere. They represent the path of safety leaking around the medicine wheel and up the great mountain to the sacred lake. What follows is a summary of some of the most important of these teachings that are universal to all nations.

Each morning upon rising and each evening before sleeping, give thanks for the life within you and for all life, for the good things the Creator has given you and the others and for the opportunity to grow a little more each day. Consider your thoughts and actions of the past day and seek for the courage and strength to be a better person. Seek for the things that will benefit everyone.

Respect means "to feel or show honer or esteem for someone of something, to consider the well-being of, or to treat someone or something with deference or courtesy". Showing respect is a basic law of life.

1. **Treat every person, from the tiniest child to the oldest elder with respect at all times.**
2. **Special respect should be given to elders, parents, teachers and community leaders.**
3. **No person should be made to feel "put down" by you: avoid hurting other hearts as you would a deadly poison.**
4. **Touch nothing that belongs to someone else (especially sacred objects) without permission, or an understanding between you.**
5. **Respect the privacy of every person. Never intrude upon a person's quiet moments or personal space.**
6. **Never walk between or interrupt people who are conversing.**
7. **Speak in soft voice, especially when you are in the presence of elders, strangers or others to whom special respect is due.**
8. **Do not speak unless invited to do so at gatherings where elders are present (except to ask what is expected of you, should you be in doubt).**
9. **Never speak about others in a negative way, whether they are present or not.**
10. **Treat the earth and all of her aspects as your mother. Show deep respect for the mineral, plant and animal worlds. Do nothing to pollute the air or the soil. If others would destroy our mother, rise up with wisdom to defend her.**
11. **Show deep respect for the beliefs and religions of others.**
12. **Listen with courtesy to what others say, even if you feel that what they are saying is worthless. Listen to your heart.**

Respect the wisdom of the people in council. Once you give an idea to the council or a meeting, it no longer belongs to you. It belongs to the people. Respect demands that you listen intently to the ideas of others in council and that you should not insist that your idea prevail. Indeed you should freely support the ideas of others if they are true and good, even if those ideas are quite different from the ones you have contributed. The clash of ideas bring forth the spark of truth.

Be truthful at all times and under all conditions.

Always treat your guests with honour and consideration. Give your best food, your best blankets, the best part of your house and your best service to your guests.

The hurt of one is the hurt of all: the honour of one is the honour of all.

Receive strangers and outsiders with a loving heart as members of the human family.

All the races and nations in the world are like the different colore flowers of one meadow. All are beautiful. As children of the Creator they must all be respected.

To serve others, to be of some use to family, community, nation or the world, is one of the main purposes for which human beings have been created. Do not fill yourself with your own affairs and forget your most important task. True happiness comes only to those who dedicate their lives the service of others.

Observe moderation and balance in all things.

Know those things that lead to your well-being and those things that lead to your destruction.

Listen to and follow the guidance given to your heart. Expect guidance to come in many forms; in prayer, in dreams, in times of quiet solitude and the words and deeds of wise elders and friends.

When we blame others for how we feel, or what we do, we give away our power.

All of life is choices. Choices that we make today affect our future.

*Choose to feel good.

*Choose to treat yourself and others with love and compassion.

*Choose to act in ways that support yourself.

*Choose things that support healing yourself, your family, your community, your planet.

Let's Don't Get High

When I was a boy I was playing at home. Some other kids came over to play or visit but I didn't know what they were doing. They had toilet paper and a can in their jacket. So then they decided to leave so I followed them. We got in the alley and one of my friends gave me a Kleenex. I didn't know what it was but my mom said they were sniffing. She chased them away, and I went home. Next thing my mom said I was not to play with them, so I didn't, for a while. Later they came over and I played. Then they had the can. I took a whiff and I coughed. then he said "Try it again." When I did I felt happy and dizzy so I went along with them to their house.

We stood around in the alley for hours. Then we went into the garage. We started sniffing Plastic Wood, solvents and lacquer thinner. After, we ran out, but the lacquer thinner made my head pump. For a while, I thought my head would explode. I yelled, and my friends calmed me down. I went home, but before I went home I had some bubble gum to make my breath stop smelling. I didn't get caught for awhile, and I went to my friends every now and then. We used to collect bottles to get enough money for a few cans . Sometimes we stole two cans for our leader, and we didn't get caught at that store. We goofed off all the way home. I liked to walked all the way across town in Regina, looking for bottles and stuff worth selling. We sniffed all day every day that summer, and we stole cans of glue. Sometimes we stole to buy cans of glue.

How it made me feel was I got dizzy at first. One time I started puking. Once I thought the ground was going to open up, and a guy was going to come out and give us great powers but then I came down and tried to pray to the guy in the ground or the Sun God. Or I'd think my friends were using their powers on me and then I'd run away from them a little ways. Later on I thought I had power, but now I think I was wrong.

Sniffing led me to Boy's School, Dale's House, Rancherlo, jail and to a hospital. When I was at the hospital I used Plastic Wood. I had a big can so I did it again. I was hallucinating but I got sick of it so I left it alone.

When I was released I did glue for a while but my mom didn't like it so I tried to quit.

Now I've moved to Saskatoon. I've used a few times since then but now it's been five coming on six years. I spent two years in the hospital trying to get well. I don't want to sniff anymore. I hope you don't either.

HARRASSMENT IS AN UNWANTED BEHAVIOR THAT OFFENDS OR HUMILIATES YOU.

IT IS AN ABUSE OF POWER.

VICTIMS OFTEN FEEL INTIMIDATED, HUMILIATED OR DEGRADED. IT IS NOT HARMLESS, FUNNY OR TRIVIAL.

IT IS DISCRIMINATION.

IT IS AGAINST THE LAW.

Harrassment

When to Draw the Line...

* It is your responsibility to be aware of how your actions affect others.

*If you know that what you are doing is unwanted - then stop.

* If someone tells you what you are doing is making them uncomfortable - then stop.

* If you think what you say or do may offend or humiliate someone - then stop.

Harrassment

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What is harrassment?

Harrassment is unwanted behavior that offends or humiliates you.

It may include

- ***sexually suggestive comments or gestures***
- ***jokes that cause awkwardness or embarrassment***
- ***displaying racist, sexist, or other offensive material***
- ***unwanted physical contact such as touching, patting, pinching***

Harrassment can consist of a single serious incident. More commonly, harrassment involves a series of unwanted, subtle incidents over a period of time.

Friendship Inn will not tolerate the harrassment of any person here. This needs to be a safe place for everyone.

If you have displayed some of these behaviours, please stop.

If you are unsure if something you said or did offended someone, ask them.

If someone else has said or done something offensive to you, tell them.

Together, we can make a difference.

Family/Youth Camp
Planning Meeting

Where?
Friendship Inn

When?
2:00 pm, Monday, July 29

Why?
We need to know what you would like to do at camp.

Please see Cindy if your family would like to go, or if you wish to attend as a volunteer. Youths are welcome provided we have enough volunteers.

Camp dates are August 19th to August 22nd. The camp is in the Qu'Appelle Valley.

Family/Youth Camp Planning Meeting

July 29, 1996

Agenda:

Pair introductions

Volunteers fill out Volunteer Forms
Campers fill out Camp Forms

Planning -
    Group Rules
    Activities
    Meals

Discussion re: Responsibilities and how to divide them

Fund Raiser - What should we do?

Date of next meeting

Meeting attended by Liz, Marlene, Agnes and Irene

All group members agreed that the camp rules be:

> Parents are responsible for their own children. Volunteers are responsible for the children they are assigned to.
>
> The campers and volunteers must be straight and sober.
>
> In the event of children misbehaving, campers are expected to inform the child's parent or volunteer, rather than try to handle the situation themselves.
>
> The camp will be run according to schedule, unless the weather is inappropriate for the activity, or the group decides to do something differently.
>
> Campers, children, and volunteers will be expected to do their share of the workload.

The group agreed that volunteers would be put into pairs, and that each pair would take on the responsibility of looking after six children.

The group brainstormed activities they would be interested in running or participating in. Some ideas were:

berry picking, making syrup, nature hike, volleyball, baseball, soccer, football, water balloon fight, water polo, Marlene's relay race, snowflakes, dreamcatchers, keychains, camp songs, sing alongs, wiener roasts, marshmallows, swimming, canoeing, newspaper trees, scavenger hunt, skits, Misty's animal game

This list will be added to or changed according to the wishes of the whole group.

Meals:

The following suggestions for food were put forth:

> hamburgers/ hot dogs, watermelon, potatoes, potato salad, hashbrowns, eggs, bacon, sausage, toast, sandwiches, pancakes, cheese slices, stew and bannock, chili, tuna salad

This list may be added to or changed if the group chooses.

Fundraiser:

The group decided to do a potato/hamburger sale to raise some money for the camp. We would also sell coffee, and cold drinks.

Dinay agreed to check into the possibility of setting up a table at a flea market.

The group set the date for the next meeting as Monday, August 5, at 2:00 pm.

Family/Youth Camp
Planning Meeting

Where?
Friendship Inn

When?
2:00 pm, Monday, August 5th

Why?
We need to know what you would like to do at camp.

If you wish to attend camp, it is very important that you come to this meeting!

Please see Cindy if your family would like to go, or if you wish to attend as a volunteer. Youths are welcome provided we have enough volunteers.

Camp dates are August 19th to August 22nd. The camp is in the Qu'Appelle Valley.

Family/Youth Camp

Meeting Agenda

August 5, 1996

Welcome

Introductions

Fill out or turn in forms

Reveiw schedule

Activity Suggestions

Meal Suggestions

Choose meals and activities

CPICS for volunteers

Family/Youth Camp Planning Meeting

August 5, 1996

Agenda:

Introductions

Fill out forms

Review of last meeting's minutes

Group looks at schedule

Group has opportunity to offer other suggestions for activities and meals

Group makes decisions re: activities and meals

CPIC checks for volunteers

Set date of next meeting

Meeting attended by:

Marlene, Karmin, Harry, Liz, Sarah, Jerome, Cecilia, Rhonda, Elsie, Jeanette, Bernie, James

Group introduced selves, and those who had not yet filled out forms did so. Campers had the opportunity to look over the minutes of the last meeting.

Campers reveiwed schedule, and made alternate activity suggestions. Hide go Seek, tag, and Balloon Break were also suggested. Campers voted on activities.

Campers agreed that the meals that were planned last meeting be accepted without changes, with the exceptions of adding fried bannock and fruit.

Elsie asked if we are having an Elder come to this year's camp.

After discussion, Elsie agreed to approach her Elder to see if she would be interested in coming and addressing the children.

Group discussed the need for CPICS and the process involved in having them done. James suggested that they may have a contact which would allow people to get CPICs done for $3.00 out of Alberta rather than $25.00 out of Saskatoon.

Family/Youth Camp Planning Meeting

Where?
Friendship Inn

When?
2:00 pm, Monday, August 12th

Why?
We need to finalize plans for the camp. If you wish to attend camp, it is very important that you come to this meeting!

Please see Cindy if your family would like to go, or if you wish to attend as a volunteer. Youths are welcome provided we have enough volunteers.

Camp dates are August 19th to August 22nd. The camp is in the Qu'Appelle Valley.

Family/Youth Camp Meeting

August 12

Agenda

people who need to fill out forms fill out forms

everybody else visits

group reviews last meetings minutes

group reviews menu

group reviews schedule

group reviews camp rules

Cindy makes date with some people to go grocery shopping

Cindy makes date with volunteers to get CPICS done
(options are: Tuesday, or Wednesday early in afternoon)

last minute questions or concerns

Family/Youth Camp
Application Form

Name:

Address:

Telephone Number:

Alternate Telephone Number:

Please list names, health care numbers and ages of campers you wish to attend:

Families will be selected on a first come first serve basis. Youths will be selected in the same way, provided there are enough volunteers available to supervise. Attending planning meetings is essential for those who wish to come.

FRIENDSHIP INN VOLUNTEER PROGRAM APPLICATION

Name: ______________________ Date: ________________________

Address: ____

Phone Numbers: (Home) ______________ (Other) _________________

Birth Date: ___________________

Which days of the week are you most available? __________________

Can you commit to volunteer for four hours a week for six months? ____________

Would you be willing to volunteer holiday dinners? __________________

Why are you interested in volunteering at Friendship Inn? ______________

____

Please check off the area(s) you are interested in volunteering:

Food Preparation _______
Reception _______
Solvent Abuse _______
Maintenance _______
Children's Activities _______
Other Programs _______

Breifly describe your background and skill areas: (Eg. typing, cooking, computer skills)

____

____

Do you have a criminal record? _______

If so, for what charge? _______________________________
(Friendship Inn will be verifying this information.)

Please supply two character references:

Name : ____________________ Name ______________________

Adress: ____________________ Address: ____________________

Phone Numbers(s): _____________ Phone Number(s): ________________
_____________ ________________

Camp Rules

1. Parents are responsible for their children.

2. Volunteers are resposible for the children they are assigned to.

3. Campers and volunteers must be straight and sober at all times.

4. In the event that a child is misbehaving, campers are expected to inform the child's parents or volunteer.

5. The camp will be run according to schedule, unless the weather is inappropriate or the group decides to do something differently.

6. Campers, volunteers and children are expected to do their share of the workload.

7. Children are expected to participate in activities or be with their caregiver or someone the caregiver has appointed.

8. The dinner bell will be rung to call campers for activities or meals.

9. Swearing, yelling, name calling, or other disrespectful behavior will not be tolerated.

FAMILY - YOUTH CAMP REGISTRATION FORM

Date: August 19 to 22

Place: Camp Monahan

Family Name & (contact number on a separate sheet please)	Number of parents	Number ofChildren	Age and names of children and youth

Family Name	First names	Contact number	Address

This will be the best camp ever!!!

Family/Youth Camp Activity Schedule

August 19th, 20th, 21st, & 22nd

Note: There is enough free time in the schedule for folks to do other things. (Examples: play hide go seek, go fishing, eat more...)

August 19

2:45	load bus at Friendship Inn
6:00	arrive at camp, make supper, unpack
6:30	eat
7:30	volleyball
8:45	make snack
9:15	camp fire
10:00	smudge
10:15	kids in bed

August 20

8:00	make breakfast
9:00	breakfast
10:00	smudge
10:15	breakfast clean up
10:30	berry picking
11:30	make lunch
12:30	eat
1:15	clean up
2:00	hike
4:30	supper prep
5:30	supper
6:00	clean up
9:00	prepare snack
9:15	camp fire
10:00	smudge
10:15	kids in bed

August 21

8:00	make breakfast
9:00	breakfast
10:00	smudge
10:15	breakfast clean up
10:30	canoeing
11:30	make lunch
12:30	lunch
1:15	clean up
2:00	Misty's Game
4:30	supper prep
5:30	supper
6:00	clean up
6:30	baseball
9:00	prepare snack
9:15	camp fire
10:00	smudge
10:15	bed time for kids

August 22

8:00	make breakfast
9:00	breakfast
10:00	smudge
10:15	clean up
10:30	balloon relay
11:30	make lunch
12:30	eat
1:15	clean up and pack
2:45	dreamcatchers
5:00	supper prep
5:30	supper
6:00	clean up
6:30	load bus - leave at 6:30

Family/Youth Camp Menu

August 19

Supper

- hamburgers
- hotdogs
- buns
- cheese slices
- fruit
- tomato slices
- pickles
- lettuce
- milk
- juice

Snack

- hot chocolate, marshmallows

August 20

Breakfast

bacon
eggs
toast
cereal
oranges
milk
juice

Lunch

soup
sandwiches
fruit
cookies
milk
juice

Supper

Chili
buns
salad
cheese

Snack

fried bannock (1."GREASERS")

---

1. "Greasers" is a term coined by James Wapamoose A.K.A. "Jubilee"

A United Way Member Agency

Friendship Inn
619-20th Street West
SASKATOON, SK
S7M 0X9
Phone: 242-5122 (306)
FAX: 242-1291 (306)

August 26, 1996

Howard Krakowski
Secretary - Treasurer
Hub City Optimist Club
314 Highlands Court
Saskatoon, Saskatchewan
S7H 4S9

Dear Howard,

Please find enclosed a report on the 1996 Friendship Inn Family/Youth Camp. We thank you for the interest your organization has shown in supporting this worthwhile project.

Sincerely,

Cindy Sieben
Solvent Abuse Prevention Coordinator

Friendship Inn Family/Youth Camp
1996
Report

The Friendship Inn Family/Youth Camp took place between August 19 and August 22 at Camp Monahan, on Katepwa Lake in the Qu'Appelle Valley in southern Saskatchewan.

Forty campers were in attendance. The campers ranged in age from over seventy years old to under three years old.

Elders were well represented. Eight of the campers were over forty. These people contributed a great deal to the camp. Their many years of practical life experience were valued by the other campers. Some of their contributions were leading the group in Smudges twice daily, storytelling, singing of traditional Aboriginal songs, setting examples for the other campers of appropriate conduct, making practical contributions in the kitchen, and participating in group activities with enjoyment and vigour. Older women brought their crafts from home and were willing to share their knowledge and skills with those who were interested.

A highlight of the camp was a wake up call by one of the elders on the last day in the form of a Cree Morning Song.

"WA-NIS-KAI-SA-SEY
OMA-A-PAI-TA
PYEI
SASAY PISISAS-NI
CAMOWOW TAY-PEY
AE-MENAI KITASKINOA KOY"

"WAKE UP NOW IT'S MORNING ALREADY
THE LITTLE BIRDIES ARE SINGING
WHAT A BEAUTIFUL WORLD WE LIVE IN"

The camp was attended by three staff people, seven volunteers, six children that were brought a grandmother, a single parent man and his three children, a child under the care of Social Services along with her mother and cousin, a single parent woman with her three children and four nephews, a man and woman who share custody of their child, a single parent woman and her two daughters, three children who were under the care of staff people and a boy who was under the care of a volunteer.

Some of the activities included swimming and beach play, fishing, canoeing, a nature hike, a baseball game, berry picking and syrup making, campfires, storytelling, and sing alongs.

Benefits derived from the camp include a greater rappore developed between staff members and clients, involvement of clients who had previously been uninvolved in Friendship Inn programming and the development of practical skills such as menu and activity planning, cooking and cleaning. Campers were given the opportunity to assist in areas they felt comfortable with, or to take risks and try new things. Problem solving and decision making were developed. Elders had the opportunity to make viable contributions. These people are often overlooked as valuable resources and consequently feel they are a burden to society. We will extend an invitation to these people to become involved in Friendship Inn's childrens programs.

One elder indicated that having spent time away from the city had given her an opportunity to examine her life. She has decided consequently to address the abuse that she is recieving from her grandsons. Freindship Inn staff and the police have agreed to support her in any way they can.

The Friendship Inn and the people we serve appreciate the support of the Optimists. Without your generosity, this camp would not have been possible.

Family Cultural Camp

A United Way Member Agency

Friendship Inn
619-20th Street West
SASKATOON, SK
S7M 0X9
Phone: 242-5122 (306)
FAX: 242-1291 (306)

Greg LaRiviere
Bridge City Cosmopolitan Club
Box 351
Saskatoon, Saskatchewan
S7K 3L3

April 28, 1996

Dear Greg,

The Friendship Inn is now in the process of planning a four day youth camp for the summer of 1996. The camp will be held at Camp Monahan, in the Qu"appelle Valley.

This year's camp will have a cultural focus. Youth between the ages of seven and fourteen will have the opportunity to participate in sweat lodge and sweetgrass ceremonies, as well as learning aboriginal crafts and being introduced to healing herbs.

The camp can accommodate up to twenty five youth. There will be five staff and volunteers running the camp. Families with younger children will have the opportunity to participate as well.

Friendship Inn staff will work with clients and volunteers to plan schedules, activities, and meals.

We are looking forward to this camp. We hope that you service club guys will be as generous in supporting this year's camp as they have been in the past.

Sincerely,

Grant Hodgson
Executive Director

A United Way Member Agency

Friendship Inn
619-20th Street West
SASKATOON, SK
S7M 0X9
Phone: 242-5122 (306)
FAX: 242-1291 (306)

Allan Wallace
Pow City Kinsmen Club
Box 633
Saskatoon, Saskatchewan
S7K 3L7

April 28,1996

Dear Allen,

The Friendship Inn is now in the process of planning a four day youth camp for the summer of 1996. The camp will be held at Camp Monahan, in the Qu"appelle Valley.

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619-20th Street West
SASKATOON, SK
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Phone: 242-5122 (306)
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Hub City Cosmopolitan
Box 1212
Saskatoon, SK
S7K 3N5

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Sincerely,

Grant Hodgson
Executive Director

Parenting

DON'T FOR PARENTS (PROLONGERS)

1. DON'T Confront person about drinking while he or she is under the influence.
2. DON'T make excuses to your spouse, family, friends or school authorities for the person drinking.
3. DON'T take responsibility the person drinking problems.
4. DON'T accept as normal behavoir a drunken son or daughter who comes home and destroys the house or creates havoc withing the family.
5. DON'T nag or scream at the adolescent about drinking.
6. DON'T clean up your alcohol - abusing person messes and predicaments.
7. DON'T let yourself be so ruled by the person alcohol behavoir that you let it pull your own behavior down too.
8. DON'T view the person as lacking backbone or willpower.
9. DON'T assume the person doesn't love you because of the way he or she acts when drinking.
10. DON'T be angry with the alcoholic person if you can help it.
11. DON'T be patronizing or indulgent.
12. DON'T play amateur detective; following your offspring around the town to see what he or she is into, is a waste of your time and your strength.
13. DON'T give an alcohol-abusing person any money.
14. DON'T make threats you're not prepared to back up or never operate out of anger.

ALIBRANDI, TOM. YOUNG ALCOHOLICS. MINNEAPOLIS COMPCARE PUBLICATIONS, 1978. pp 79 - 91

Kids will do a lot of things for attention.

They will try to get attention in positive ways.

If parents are too busy to notice them, kids will try to get attention in negative ways.

Give your child positive attention when they don't expect it.

Talk to them.
Listen to them.
Do something fun with them.

If you are too busy when your child wants to tell you something, make sure you let them know that what they are saying is important, and when you will be able to listen to them.

(produced by the Toli Hearts)

Kids need to know you care about about them. Here are some ways you can show them.

*Listen to them. Their thoughts and feelings are important.
*Tell them you love them.
*Tell them what you like about who they are or what they do.
*Take time with them - show them they are not alone.

(produced by the Toli Hearts)

An Aboriginal Teaching Tool

When I observed my child one evening I noticed she was about to get into mischief. The little dark spirit was ready to jump in and take over. I had to act fast and stop this from happening. I immediately burned my sweetgrass and got her to smudge with me. I prayed for to the creator for guidance and direction for her. The change in her was amazing. She came and hugged me, and said "I love you Mom."

by
Elsie Keewatin

WHEN YOU'RE KIDS GET IN TROUBLE, SOMETIMES THEY ARE BORED.

HERE ARE SOME THINGS YOU CAN DO WITH THEM................

DRAW PICTURES
KNIT
BAKE A CAKE
PLAY GAMES
MAKE A SNOWMAN
CUT OUT SNOWFLAKES
WRITE YOUR NAMES ON THE FROST ON THE WINDOW
TURN ON THE RADIO AND DANCE
SEND THEM ON A SCAVENGER HUNT
MAKE UP A STORY
GO FOR A WALK
SING A SONG

WHEN YOU SAY NO TO YOUR KIDS..........

THEY BUTTER YOU UP

THEY GET SNEAKY

THEY GET MAD AT YOU

THEY WILL TELL YOU THEY DON'T LOVE YOU

SAY YES INSTEAD.

YES, WHEN YOU'RE OLD ENOUGH
OR
YES, YOU CAN WHEN YOU FINISH YOUR CHORES
OR
YES, WE WILL IF YOU HELP ME WITH THAT

Toddlers like to hear stories about their parents, or about themselves when they were babies.

They like to help you - if you are cooking, give them something to stir.

If they want to do housework, like washing dishes or vacuuming, let them if you can. If they make a mess, help them clean it.

When they are doing something, tell them how much of a good job they are doing.

"I'LL SEND YOU TO LIVE WITH YOUR DAD."

"STOP CRYING OR I'LL GIVE YOU SOMETHING TO CRY ABOUT!"

"YOU KIDS WILL BE THE DEATH OF ME YET!"

THREATS TEACH KIDS TO..........BE VIOLENT
FEAR
BE SNEAKY

THINK BEFORE YOU SPEAK

" I BROUGHT YOU INTO THIS WORLD, I'LL TAKE YOU OUT OF IT!"

"DO IT OR ELSE!"

Inner City Youth Group

Student bonds with inner-city kids

By Dave Burlinguette, *Free Press reporter*

Saskatoon's inner-city neighborhoods have a lot in common with the Caribbean island of St. Lucia, says Misty Williams.

The 20-year-old University of Saskatchewan student was in St. Lucia last year as part of a Catholic mission outreach team.

"That was where I developed a heart for the poor and working with children," she said.

Williams has since found a new vocation as children's activities co-ordinator at the Friendship Inn.

"This area of the city does remind me of St. Lucia in the way kids freely roam the streets. Some of these kids suffer from neglect and just want someone to take an interest in what they are doing. I see a lot of potential in these kids. I think they tell me things about themselves because they know I accept and understand them," she said.

Williams and a few volunteers arrive at the Friendship Inn around 4:30 p.m. every Tuesday to organize a variety of activities that will keep about 30 of the so-called "regulars" busy for the next few hours.

Arts and crafts, cooking, recreational, heritage and cultural activities encourage the kids, ages four-16, to develop their interpersonal skills, she said.

"The reason why I help out here is because I see such a need in the kids for love and compassion and for someone to be there for them on a regular basis. The satisfaction I get is seeing their smiling faces, knowing for a few hours at least, they can leave their troubles at home or at school behind them."

Williams' work doesn't go unnoticed at the Friendship Inn or in the neighborhood, says Grant Hodgson, Friendship Inn's executive director.

"Misty has quite a bond with the kids. She relates well to them and they respect her," he said.

Misty Williams is the children's activities co ordinator at the Friendship Inn. Williams and a few volunteers arrive at the Friendship Inn around 4:30 p.m. every Tuesday to organize a variety of activities that will keep about 30 of the so-called "regulars" busy for the next few hours.

SASKATCHEWAN LOTTERIES TRUST FUND FOR SPORT, CULTURE AND RECREATION

Friendship Inn

Inner City Youth Group

SASKATOON FRIENDSHIP INN 619 - 20th Street West, Saskatoon, Saskatchewan S7M 0X8 ph 242-5122 fax 2421291

SUMMARY

Friendship Inn's Inner City Youth Group is requesting $5000.00 from Saskatchewan Lotteries Trust Fund for Sport, Culture, and Recreation.

PROJECT NAME

Friendship Inn Inner City Youth Group

PROJECT DATE(S)

April 1, 1996 - March 31, 1997

1a. TARGET POPULATION

Friendship Inn's target population for the Youth Group is the Youth within Saskatoon's inner city community, specifically, within the age of 8 - 13 years.

1b. TARGET GROUP PLANNING, OPERATION AND EVALUATION INVOLVEMENT

Parents' support group and Youth participants will work in conjunction with Friendship Inn staff. Friendship Inns' environment of trust gives encouragement, support and assistance to youth directed programs. Together the youth, staff and parent support group will develop culture, recreation and sport activities. Upon completion, youths will evaluate the program.

2. LOCATION

Activities will take place primarily in Friendship Inn's facility. Scheduled activities will occur at various sites in Saskatoon and surrounding area. Many previous years' activities occurred at Wanuskewin, Mendel Art Gallery, Kinsmen park, Forestry Farm, FolkFest, exhibition, Optimist park, River boat rides, Travel Lodge, Meewasin Valley and several other locations.

3. TARGETED AGE GROUP

Youths 8- 13 years old.

4. PARTICIPANTS

Past records demonstrate that approximately 100 children participate in the children's' programs at the Friendship Inn.

5. VOLUNTEERS

Friendship Inn requires a volunteer to youth ratio of 1:5. Up to 15 volunteers will be involved.

6. PREVIOUS FUNDING

__X___ Yes _____ No

7. WHICH YEARS

Saskatchewan Lotteries has provided funding to Friendship Inn youth programs for the year's 19__ - 1995 inclusive.

8. PUBLIC ACKNOWLEDGEMENT

Friendship Inn will acknowledge Saskatchewan Lotteries for funding the Summer Activities Recreation program by poster and newsletter.

9. PROJECT DESCRIPTION

The Friendship Inn Youth Group targets inner city youths by providing them with alternate activities to 'hanging out' on the streets. The program provides after school and evening activities during the week. Day time activity occurring during the school holiday's or breaks. Recreation, culture and sport activities are the basis for all youth group activities. Parent volunteers and community members will volunteer for all youth activities in accordance to Friendship Inn's policy.

Within the group(s), group leaders will focus on a variety of life skills, communication, relationship and behaviour development, motor skills, stress and anger management, and self esteem techniques. Individual and group dynamics will change in time, intensity and interaction as the youths continue to gather. Youths will have an opportunity to learn these and other skills through recreation, sports, and culture and meals.

Each program provides the youth with a variety of recreation and sport activities through four main structured programs and two unstructured drop-in programs. Youths will have the opportunity to assist in designing their own program and encouraged to take ownership.

All activities will include aboriginal cultural as directed by the parents' support group and Friendship Inn staff. Through various groups and activities, youth will continue to learn about their aboriginal culture. I.e. Cree, Saulteaux, Objiway and Metis role models, native crafts and games, feasts, elder guidance and other activities that involve the youth and their families.

Program Format

The four pre-registerd structured groups meet during the weekday. Summer months and school holiday break activities are open to any children.

1. Cooking with Larry
2. Crafty Kids
3. Art Creations
4. Drama daze

The four pre-registered groups permit 10-12 children. Each group will take place once a week for 1 - 2 hours. At the end of a three month period, all children will prepare an open house and display their creations. Children will have the opportunity to register in a new group at the end of the three month session. Children who show extreme interest or aptitude in an area will have the opportunity to pursue the area. Youth will a particular interest in group many choose to pursue this field of study. A mentor program allows youth to work with professionals.

The two unstructured drop-in groups will provide children from the area with the opportunity to take part in a variety of activities.

1. Summer Activities
2. School Breaks

These unstructured activity programs provide inner city children with the opportunity to participate in safe, fun-filled summer recreational and sport activities. Children have the opportunity for fun, friendships and education in the areas of community services, wildlife, native culture and history, art, private business industries, career development, recreation and sport activities.

PROGRAM BENEFITS

Children in Saskatoon's Inner City rarely utilize the services outside the inner city area. In the youth group the children are comfortable and familiar with the Friendship Inn's programs and services. Over the past year the group was very successful in its delivery, time scheduling and activities because it provided stability, fun, a safe environment and an excellent learning experience for children. This year the youth group will continue to work on a variety of life skills and behaviour developments through a variety of recreational, cultural and sport programs.

BUDGET

EXPENSES

FRIENDSHIP INN
YOUTH GROUPS

GROUP	Materials & Supplies	Transportation	Food	Facilitator wage & expense
Cooking with Larry	$200.00	$20.00	$300.00	$0.00
Crafty Kids	$820.00	$0.00	$0.00	$810.00
Art Creation	$605.00	$40.00	$0.00	$810.00
Show Biz	$200.00	$94.00	$0.00	$510.00
Summer Activities	$670.00	$400.00	$100.00	$0.00
School Breaks	$350.00	$94.00	$0.00	$0.00
Sub total	$2,845.00	$648.00	$400.00	$2,130.00
Total Project Cost				$6,023.00
REVENUE				
Friendship Inn Revenue				
Grant request				$5,000.00
Self Help				$1,023.00
Total Revenue				$6,023.00

Signature *Grant Hodgson* I hereby certify the above information is correct and factual.	**Date**

COOKING CLASS

MAY 13, 1996
3:15 P.M.

ATTENDANCE:

CHECK ALL BINDERS FOR RECIPES ETC.

PLANNING:	YEAR END PARTY
	DATE AND TIME
	INVITATIONS
	DECORATIONS
	GAMES
	GIFT FOR LARRY
RECIPE:	SUNDAES AND BANANA SPLITS - DO YOU WANT TO MAKE YOUR MOTHER'S AND YOUR MOTHER MAKE YOURS?
	LISTEN TO INSTRUCTIONS
	DIVIDE INTO TEAMS

4:15 P.M.

INTRODUCE YOUR MOTHER

MAKE SUNDAES AND WATCH THE VIDEO "BABYSITTERS CLUB" WITH YOUR MOM OR OTHER SPECIAL PERSON IN YOUR LIFE.

BEFORE LEAVING PRESENT YOUR MOTHER WITH A FLOWER TO TAKE HOME.

HAVE FUN!

Women's Retreats

Ancient Spirals Women's Retreat
June 20, 21, 22, 1996
Schedule of Activities

Thursday June 20th

6:00 pm	pick up at Friendship Inn
6:30 pm	arrive at Ancient Spirals, unpack & prepare snacks
7:00 pm	circle (prayer and/or smudge)
8:00 pm	gather stones
8:45 pm	stone painting

Friday June 21st

4:35 am	Sunrise Ceremony at Whitecap Reserve
	lighting of the Ceremonial Fire, Pipe Ceremony Breakfast
	Elder's Teachings
	Afternoon Sweatlodge Ceremonies Feast
Sundown	Celebration closes

Saturday June 22nd

9:30 am	breakfast
10:00 am	cleanup
10:45 am	Mary Lee speaks to group
12:00 pm	lunch
12:30 pm	clean up
1:00 pm	Mary Lee
2:45 pm	presentations, closing circle and prayer
4:00 pm	return to Saskatoon

9:00 pm Chester Knight performs at the Broadway Theater

Memorial Feast

Memo: To all people working to build healthy communities

The Friendship Inn is working on Solvent Abuse Prevention again in 1996-97. Our project is funded by Canada Drug Strategy, while Sask Lotteries is sponsoring a portion of the youth programs. The overall goal of this project is to increase awareness of the dangers and high social cost of solvent abuse, and to decrease the incidence of solvent abuse. As part of this project we encourage you to PARTAKE IN A MEMORIAL FEAST. THIS IS AN IMPORTANT OPPORTUNITY TO show your support and respect for all those who have lived, or are living on the street. This Feast is held to remember all those who have succumbed to the perils of street life and addiction. And certainly those who were victims of violence.

We invite you to call the Saskatoon Friendship Inn if you would like more information about our Solvent Abuse Prevention Project. You may wish to volunteer or partner in our project activities in some way. For education information ask for Alandra Taylor or for programming information call Cindy Sieben at 242-5122.

The Saskatoon Solvent Abuse Prevention Committee

The Saskatoon Solvent Abuse Prevention Committee was formed in October 1996. Over one hundred people were contacted to participate in this committee. Many of the committed members had made previous contact with the project and were painfully aware of the need for this project. Much of the committed involvment is based on the vision of a healthy community. The individuals and agencies involved have a vested interest in their personal and proffessional goals for a healthy Saskatoon community. The Committee has broken up into sub committees, three of which are currently active, and three which have not yet started their work.

Correspondence with the Saskatoon Solvent Abuse Prevention Committee

A United Way Member Agency

Friendship Inn
619-20th Street West
SASKATOON, SK
S7M 0X9
Phone: 242-5122 (306)
FAX: 242-1291 (306)

Don Junor
Riversdale Business Improvement District
c/o Community Police Station
8-- 20th Street West
Saskatoon, SK.

Dear Don:

Some months ago I contacted you regarding the Saskatoon Friendship Inn Solvent Abuse Prevention Project. The project experienced a brief interruption and is now planning to focus on building a solvent abuse prevention committee that will involve a greater number of community members. It is our wish that this committee will be eventually maintained by concerned and caring community members like yourself.

During 1994 to 1996 a committee was headed by the Federation of Saskatchewan Indian Nations. This is no longer an existing project. Solvent abuse is a worldwide problem and some communities have initiated committees and action groups to deal with the issue of solvent abuse. Winnipeg, Manitoba, for example has had a committee in place for a number of years. Prince Albert SK. has a very active and effective committee. The research that I have done indicates that the problem of solvent abuse requires a community solution. It is the intent of this project to initiate a solvent abuse committee, one that is community driven rather than one that is totally maintained by a particular agency or project.

A important aspect of the Saskatoon Friendship Inn Solvent Abuse Prevention Project is to provide education to as many community members as possible. I am interested in speaking to the Riversdale Community Association/BID about solvent abuse sometime in September.

The 1996-97 Friendship Inn Solvent Abuse Prevention Project is funded by Health and Welfare Canada, Drug Strategies. To provide you with an overview of the project I have included the final report from 1995-96 project as well as a brief work plan for the 1996-97 project. Also please find pamphlets developed for both community education and development.

Further, I would like to meet with you to discuss how we could work together to find community solutions for solvent abuse. I will contact you in the very near future to set up an appointment.

Sincerely,

Alandra Taylor
Solvent Abuse Prevention Coordinator

October 11th, 1996

name ~
TITLE ~
Business\agency ~
address ~
city ~
province ~
postal code ~

Dear

Saskatoon Friendship Inn is continuing to work for solutions to fight against solvent abuse in our city. Our past experience working in this area has shown that community involvement is extremely important.

Each day we see the effects of solvent abuse here at Friendship Inn. Our staff and many of the people who require the services of Friendship Inn are painfully aware of the devastating effects that solvents have on individuals and families, as well as the community.

The overall goal of the Saskatoon Friendship Inn Solvent Abuse Prevention Project is to increase awareness of the extreme dangers and enormous social costs due to solvent abuse. Hopefully, in time, through the provision of education and positive alternatives a reduction of the incidence of solvent abuse will become a reality. Effective intervention measures are a definite requirement for success and will need to involve the community at large. In Saskatoon there are no legal sanctions against the use of solvents for the purpose of intoxication. Still, it is known that past efforts to use legal sanctions in other areas have proven to be difficult to enforce. With or without legal sanctions intervention is difficult. Presently, harm reduction may also be an important option. As a community we need to work together to provide consistant measures of prevention and intervention. We need to learn and work together to dispell present myths about solvent abuse. It is important to be aware that solvent abuse is prevalent in our city and that it is a problem worth working on.

Durring 1995/96 a Saskatoon Solvent Abuse Prevention Committee was initiated by the Federated Saskatchewan Indian Nation. FSIN has not renewed their project and the committee is no longer functioning. Friendship Inn was involved as an agency member and wishes to re-establish this committee. It is our wish that this new committee will be one that belongs to the entire community and not be seen as the responsibility of any one agency or specific project. It is the desire of this project to encourage a sense of community ownership in regard to solvent abuse prevention and intervention.

You are invited to attend a public meeting October 22 at 1:30 pm. to learn more about solvent abuse and how this behavior affects all who live in this community in some way. As a group we will work towards effective solutions. The location for this initial meeting is Room G 30, 230 Avenue R South, (formerly St. Paul's Nurse's Residence).

You will learn about: the extreme dangers of solvent abuse

the size and scope of the problem
the social costs of solvent abuse
past efforts made by other communities

As you learn more we hope that you will want to become involved as a committee member or any way that you feel you could support this need. We anticipate your interest in this important issue and look forward to seeing you or a representative from your agency or business at the forthcoming meeting.

Sincerely,

Alandra Taylor and Cindy Sieben
Solvent Abuse Prevention Coordinators

Enclosure

November 3, 1996

Randy Desjarlais
2315-23rd Street West
SASKATOON, SK
S7L 0X8

Dear Randy,

We appreciate your interest in preventing solvent abuse in this community. This is a world wide problem that calls for long term, ongoing solutions. Solvent abuse prevention is really about children. The abuse of solvents is often a learned behaviour. Still, this behaviour is a symptom of other social issues such as poverty, racism and neglect. Children using solvents at a young age often move on to other substance abuse. To effectively prevent the abuse of solvents at the primary stage, it is necessary to gather our resources and provide information about the dangers as well as to provide opportunity for life enhancing skill development. It is also important that we are able to respond to abusers and their families quickly and appropriately should they seek help. In addition, abusers that complete treatment need support when they return to the community.

We need to consider why people abuse solvents. Some make this choice because they decide its a good choice based on the information they have and the conditions they face. However this abuse is not the problem of a few people, caused by a few people. It's not a matter of laying blame. Solvent abuse is a community problem. It's everyone's job to contribute to a healthy community. For the community, the choice is to support individuals and nurture their sense of responsibility. For individuals the choice is to make responsible contributions back to the community.

Thank you to those who have made valuable contributions. And to others, please join us in efforts to make all of Saskatoon a safe and prosperous community.

Sincerely,

Alandra Taylor & Cindy Sieben
Saskatoon Friendship Inn Solvent abuse Prevention Co-ordinators

Information Presented to the Saskatoon Solvent Abuse Prevention Committee

There was a kid, who loved to go to school. She loved phys-ed and math.

One day when she was going to school, a stranger tried to pick her up. She ran through her friend's yard and ran home. She then told her Mom. Her Mom said "Show me where! Were you scared my little girl?"

Her Mom told her to go to school, but the kid was too scared. What should the kid do, so she won't be scared?

The kid could figure out ways to be safe. She could get her friends to walk her to school. She could phone a taxi, if she had money. She could hurry to school and home.

Sometimes being scared keeps you safe. And sometimes being scared stops you from what you want to do.

(This account was an experience of an eight year old, a visitor of the Friendship Inn. Experiences like this are not uncommon, and are a clear example of social violation.)

Scenario With a Solvent Abuser

10:40 am We met up with Jenny on the street near Friendship Inn who told us that she was supposed to go to treatment, but that the woman who had made the arrangements was on holidays. She also said that she didn't know the name of the treatment centre, that her baby was in danger of being apprehended and that there was a cheque that her Band had made out to her for transportation to the centre.

11:20 am A call was made to Healthy Mother, Healthy Baby on Jenny's behalf. I spoke to Jenny's worker's supervisor. She agreed to check Jenny's file and call me back. She called back with the names of two treatment centres. She was not sure which one was set up for Jenny. I asked her if she had seen a cheque in Jenny's file but she had not. She said she would look for the cheque and call me back.

11:30 am A call was made to the Sandy Lake Band Office to get the number for the Cree Nations treatment centre.

11:32 A call was made to Cree Nations treatment centre. The receptionist at Cree Nations said an intake worker would call back. Tracked down the Selkirk Healing Lodge location and phone number and spoke to an intake worker. The worker said that child care for children under six was no longer an option at their facility due to funding cuts, but suggested calling the St. Norbert Foundation, who could provide child care for infants.

11:45 am St. Norbert was contacted and application forms were faxed to the solvent abuse worker at Friendship Inn. The intake worker was away and would be back in five days.

11:50 am Informed Jenny about the events that took place in order to help her understand what was happening.

12:00 am Received the Fax from St. Norbert.

12:10 pm Received a phone call from the supervisor at Healthy Mother, Healthy Baby who had looked further for the transportation cheque but had not been able to locate it.

12:30 pm Filled out the intake form with Jenny and spoke to Larson House about detox before treatment. They had no room and said to call back after three o'clock. A doctor would decide on the length of her stay in detox, however it appeared that there would be a lengthy gap between detox and treatment. The intake forms were returned to St. Norbert by Fax.

1:00 pm A contact was made with the nearby Healing Lodge to find out about resources for Jenny to reside between detox and treatment. The lodge could not accommodate Jenny but suggested Interval House.

1:30 pm Spoke to Interval House and were told that they were full at present but may have room soon. Jenny would need to call on a daily basis. Although Jenny had not indicated that she was in an abusive relationship, it appeared that Interval House was willing to consider the possibility of her staying there.

3:00 pm Jenny did not return before 3:00.

(Jenny was straight when we first encountered her in the morning, but sometime in the afternoon began drinking hairspray in an attempt to refrain from sniffing.)

The following day Jenny was sober in the morning but quite stoned in the afternoon. She informed the worker that she does not like being told what to do and that previous attempts at addiction treatment were hindered by this. Remarks such as " Come to the meeting..." triggered extreme anger for Jenny. She responds best to requests such as " Would you like to..." or, "Do you want to..."

A few days later......

A call from the intake worker at St. Norbert indicated that there was a concern regarding information on the intake sheet. Jenny had been prescribed amitriptyline to settle her moods. Information was required from her doctor to verify that ceasing medication upon entry to St. Norbert would not create a major problem for the centre or for Jenny's ability to cope. The doctor was contacted. It was verified that ceasing the drug should not be a problem as the centre could provide adequate support. A Fax was to be directed to the foundation through our organization however the Fax from the doctor never arrived. The treatment centre took the okay over the phone. This contact with the centre indicated that Jenny could be admitted sooner if she would agree to come without her baby for approximately 30 days. Jenny was given this information. It is important to note that contacts with this agency were initiated by Jenny. At this point Jenny was still indicating that she wanted to go to treatment yet did not want to leave her baby who was being cared for by relatives. Jenny told us that the baby's caregivers are getting a sitter while they go out to drink and play bingo. She has been told that treatment could take her much sooner if she comes alone and baby will come when she has progressed adequately. Jenny appeared to be concerned about her child should she go to treatment. She seemed confused and was stalling. Still, we felt it was important to make some phone calls to check out her concerns about the baby. Calls were made. The information seemed to comfort her somewhat. Jenny had recently experienced the loss of her mother. On that afternoon she allowed herself to cry for the first time.

A few days later......

Jenny had not been around for at least five days. A call came from St. Norbert - there was room for Jenny. The room could only be held for one more day. Jenny stopped by to ask about treatment that day. She seemed fairly stable and told us she had not used for three days. Unfortunately, Jenny chose to use again that afternoon. We believed that Jenny's chances of going into treatment in the foreseeable future had been lost.

The next day we received a call from Legal Aid. Apparently, Jenny had been arrested the night before and had told her lawyer that she was booked to go into treatment. We confirmed this, but told Legal Aid that we didn't know if a bed was still available. We checked with St. Norbert and found that they would hold a spot for one more day.

Jenny's lawyer asked us to Fax him information about St. Norbert to present in court the next day. He also wanted assurance that somebody would be in court to take Jenny directly to St. Norbert which is near Winnipeg. We told him that we would take care of the arrangements.

Jenny's nurse from Healthy Mother, Healthy Baby agreed to drive Jenny to St. Norbert the next day. Because Jenny would be detoxing and likely afraid, we made arrangements to have a volunteer from the Friendship Inn to accompany them. This man was chosen for his calm manner and level head. Fortunately he was willing and able to go at that time.

Last minute travel arrangements were made. Social Services agreed to reimburse gas and travel expenses.

The next morning in court Jenny had several people supporting her. The court agreed to postpone her trial until after she was released from treatment.

After court, Jenny, her worker, and her friend who volunteers at the Inn left for Winnipeg.

We received a phone call from the centre the next day. Jenny had believed there would be no rules and upon finding there were rules, wanted to leave. She then changed her mind and decided to stay.

A community group that operates out of the Friendship Inn sent a letter to Jenny offering their support. They later held a shower for Jenny and her baby. Gifts were collected to be sent to Jenny after she had stabilized enough to have her baby with her.

Jenny was discharged prematurely the next day. Some of her behaviours were deemed unacceptable. She was either unwilling or unable to change these behaviours. Arrangements were made to have Jenny bussed back to Saskatoon.

She had gained eighteen pounds and her skin colour had changed from a grey pallor to a healthy tan. Jenny stayed straight until about noon on the day she came back.........

Few programs can have a positive effect on the use of inhalants by themselves. The best approach is to combine strong education with a community wide strategy.

A strategy that: -provides alternatives to inhalants
-provides positive peer influence, with resistance, communication, -
-and specific skills training
-provides knowledge and fosters attitude change
-emphasizes personal and social growth
-presents information about inhalants

will effect changes in inhalant use behaviours for average and high risk populations.

A strategy that: -provides positive peer influence, with resistance, communication, and specific skills training
-provides knowledge and fosters attitude change
-emphasizes personal and social growth
-presents information about inhalants

helps to delay or deter inhalant use among average school populations. With high risk populations there is less success.

A strategy that provides knowledge and fosters attitude change has no lasting effect on drug use.

A strategy that emphasizes personal and social growth has little or no lasting effect on drug use.

A strategy that presents information about inhalants has no lasting effect on deterring drug use.

(adapted from "Be a Prevention Player" Published by The Indian Metis Friendship Centre of Winnipeg, Inc.)

ADMINISTERING NOXIOUS THING.

245. Every one who administers or causes to be administered to any person or causes any person to take poison or any other destructive or noxious thing is guilty of an indictable offence and liable

a) to imprisonment for a term not exceeding fourteen years, if he intends thereby to endanger the life of or to cause bodily harm to that person;

or

b) to imprisonment for a term not exceeding two years, if he intends thereby to aggrieve or annoy that person.

R.S., c. C-34, s.229.

Solvent abuse is a complex problem. It is necessary for us to look beyond the abuse of solvents to the underlying causes. Unless these are effectively addressed, other pieces of the solution will not impact on the problem greatly. Solvent abuse prevention must be addressed in a variety of ways, on a number of levels.

Primary prevention could include:
information and intervention for high risk women on FAS, FSS, FAE and FSE
parenting education
support systems for single parent families such as access to quality drop in daycare and transportation
skill building & recreational opportunities for children, youths, and families living in poverty

WE BELIEVE THESE SUPPORTS MUST BE IN PLACE CONSISTANTLY. MANY PROGRAMS IN THE INNER CITY ARE NOT SEEN AS SUCCESSFUL BECAUSE OF FLUXUATING NUMBERS OR POOR ATTENDANCE. DROP IN OR OUTREACH PROGRAMS, SERVICES AND EVENTS IN ALL LIKELYHOOD WILL BE MOST SUCCESSFUL.

Primary prevention could also include a Solvent Abuse Awareness Week.

"While politicians and experts often are unwilling to comment publicly, many say privately that the frustration and sense of hopelessness bred by poverty are clearly fuelling Saskatchewan's consistently high urban crime rate. Regina, for example had the highest overall crime rate in Canada in 1995, 14,601 Criminal Code infractions for every 100,000 residents. Saskatoon, meanwhile, had the fastest rate of increase in violent crimes - 11.2% for 1995 - at a time when violent crime in Canada was experiencing an overall decrease. Across the prairies, meanwhile, natives account for only 5% of the population - but make up 32% of the regions federal inmate population. "The link is poverty." says Lloyd Barber, former Indian land claims commission for Canada and past president of University of Regina. "If you extrapolate into the future, there is a pretty explosive point out there."

MacClean's, November 11, 1996
pp 18 - 19

It is eesential that this committee ecognize that solvent abuse has it's roots in hopelessness, despair, and an inability for users to cope with their lives. It most often affects those living in poverty. Solvent abusers often have extremely high needs which are not being met. As an addiction progresses more obstacles are being created, and the user's ability to meet their needs are depleted.

The consequences of not addressing these problems in ways that will work, affects us all. Unless a unified effort is made now to support those most at risk, this problem will rapidly escalate. The justice, education, health, and mental health systems, as well as Social Services and crisis services will be affected.

From our work with the inner city community we have, with the help of the community, identified a number of barriers to inner city residents accessing services and increasing thier ability to cope and the quality of thier liveq.

CHALLENGES

The following challenges limited the effectiveness of Friendship Inn's Solvent Abuse Prevention Project:

A. The unstable nature of many inner-city residents' lives makes project planning & achievement difficult:

- Many inner-city youth do not live in stable environments. They often live in multi-problem families where making a commitment to problem solving is often superseded with the need to deal with an immediate crisis. For example the process of dealing with past and present sexual, physical, and mental abuse; neglect; family breakdown; divorce; absentee fathers; child apprehension; incarceration; grieving is overwhelming. And solutions to some problems only aggravate or conflict with other problems. Consequently, parents & youth generally attend planned events only sporadically. These fluctuating group numbers make planning and goal completion difficult.
- Some children and youth do not function well in group-settings because they have already experienced much trauma. Many inner-city youth that attend group activities have severe behaviour problems that disrupt activities.

- The attendance of many youth participating in our group activities was interrupted because they were moved from one foster home to another.
- People in the inner-city move frequently and it is difficult to maintain contact because few of them have telephones.

B. Despite Friendship Inn's presence and history in the inner-city, it took longer to build trust than originally expected:

C. Coordinating services with other organizations can be difficult:

- The turnover of staff in other community agencies limited the project's ability to use these staff as mentor's for this project. This problem negatively influenced the project's efforts in this area.
- The age requirements of existing youth mentorship programs caused problems for this project. Inner-city children face greater challenges at a younger age than many other children. Many existing programs had age restrictions that were too high for youth in our project's activity groups. Project staff found that many existing programs failed to recognize that some inner city youth need more interpersonal skills at an earlier age.
- The community agencies waiting lists and delays in providing service negatively affect inner-city residents. These residents generally have a high need for services from community agencies, but are dissatisfied with anything less than immediate service. Consequently, they do not see many community agencies as having the answer to their very pressing problems. Often the message receive is that others don't really care. Lack of hope leads to the need for immediate gratification.

D. Inner-city residents typically do not have as many resources as other people in the community:

- An overwhelming sense of hopelessness and despair magnifies the gap between the present and any hope of a brighter future. This hopeless only accentuates a further need for satisfying the need for immediate gratification.

- There are fewer positive role models.
- Many inner-city residents lack adequate health care, nutrition, and literacy skills.
- The inner city has a higher percentage of teen parents who have no support system. These teen parents typically need a great deal of support if they are to parent effectively.
- Few inner-city residents have suitable or available transportation. This shortfall made many off-the-premises activities difficult or impossible.

E. **Many people living in the inner-city lack the vision to see that change is possible and/or desirable:**

- The prevalence of addictions commonly found in the inner city (e.g. gambling, alcohol, & drugs) sometimes makes them "normal" and more acceptable. Fewer people in the inner-city feel the need to work towards making changes.
- Racism and stereotyping negatively influence the individual's self-esteem and hopes, and often become self-fulfilling prophecies.
- There are fewer positive role models in the inner-city
- Fetal Solvent Syndrome, Fetal Alcohol Syndrome, and the effects of ADHD in both children and adults are not always understood and accepted.

In light of these issues, commitees to address prevention and intervention efforts may include:

BYLAWS COMMITTEE:

Objectives:

To raise awareness of solvent abuse and issues faced by inner city residents
for - the community of Saskatoon
  - civic leaders

To support retailers and police in thier intervention efforts

YOUTH COMMITTEE:

Objectives:

To provide opportunities for inner city youth. These opportunities may include recreation, skill building, mentoring, cultural opportunities, employment mentoring

(It is important to note that needs are highest evenings, weekends, and during school breaks)

ACCESSIBILITY COMMITTEE:

Objectives:

To address lack of accessibility by encouraging existing programs to set up "satellites" or do outreach in the inner city.

To adrees chilcare issues in the inner city.

To work in conjuntion with funding bodies and existing inner city resources.

RESPONSE TEAM COMMITTEE:

Objectives:

To organize a response team of people who are able to respond immediately to solvent abusers wishing to go into treatment.

Tnis reponse team will work in conjunction with existing emergency services: ie ambulance, police, Mobile Crisis

To lobby for emergency beds in detox centres

To lobby for emergency beds in treatment facilities

SOVENT ABUSE PREVENTION WEEK COMMITTEE:

Objectives:

To raise awareness by lobbying city council to declare a "Solvent Abuse Prevention Week"

To present information about solvnet abuse to the media

To organise a television and radio blitz

To work with schools and other organisations to present information to students in an engaging manner

CUTURAL COMMITTEE:

Objectives:

To organise events designed to increase awareness of cultural issues

To create opportunities for cultural celebration and learning, working with existing resourses

I am four days old. My mother is a chronic solvent abuser. When I was born I smelled of solvent. I have a heart slight murmer and I weigh only four pounds three ounces. Because I am premature I will have difficulty staying awake long enough to eat.

In two days I will be going home with my mother. She loves me, but needs to get high. We will live in a room in a house on 18th Street. The nurses will give my mom lots of things to take home. She will have six nighties, four recieving blankets, a toque, and enough diapers to last five days. The nurses will show my mom how to bathe, diaper, and wrap me.

I am nine years old. My brothers showed me how to sniff when I was five. I don't go to school hardly ever. School is really weird to me. My dad killed my mom so me and my brothers live with my auntie. She has six kids and drinks alot. I do what I want cause nobody really cares anyway. Men give me sniff and then do things to me. Sometimes it hurts. Sometimes people start asking me questions, but I don't say nothing. The way I see it is I gotta take care of myself, no one will do it for me. My sister used to bring me stuff, food, and once she brought me a really great pair of shoes, but Perry, that's her boyfriend, he don't like me. I don't ever see her anymore. I can't think very good, but I have magic powers. I wish I could disappear.

I am thirty- nine years old. I had a hard life. My husband, he used to pound on me and all that. I lost my three kids along time ago. Thats when I went to jail for stabbing my husband. All those years he was always following me. I tried to leave him. He followed me to Edmonton so I moved to Prince George. I don't know how he always found me. All those years he followed me, all those years he beat me up. Why should I go to jail when I only stabbed him once to keep him away from me? I have another kid now, I'm with another man. He treats me real good, but we like to drink. When we have no money we drink Lysol. Sometimes a few days or a week go by and I don't really know what happened. I had a heart attack three years ago, but I'm good now.

AGENDA

TIME: 1:30 pm to 3:30 pm

DATE: Tuesday, October 22, 1996

PLACE: 230 Avenue R. South(former St. Paul's nurses residence)

OPENING PRAYER: Rev. Glen Jones

INTRODUCTIONS:

OVERVIEW:

- A quick update of the Friendship Inn Solvent Abuse Prevention Project-goals and objectives
- A brief overview of solvent abuse ie: What is solvent abuse, who uses solvents, stories about solvent abuse(local), exerpt from a video presentation
- What communities have done/can do
- What our community will do- goals and objectives
- Committee formation
- Set date for subsequent meeting

CLOSING PRAYER: Rev. Glen Jones

Saskatoon Solvent Abuse Prevention Committee Meeting Agendas and Minutes

Saskatoon Solvent Abuse Committee Meeting Minutes

Tuesday, October 22, 1996
St. Paul's Hospital (former nurses residence)

NEXT MEETING:
TUESDAY, NOVEMBER 21, 1996
1:30 pm
230 AVENUE R SOUTH
(FORMER ST. PAUL'S NURSES' RESIDENCE)

Attended by:
Elsie Keewatin, Parent
Norine Shewchuk, Community Clinic
Toni Carlson, Pleasant School Community Coordinator
Heather Trischuk, Addictions Services
Kelvin Billingsley, FSIN
Carol Fiedelleck, Saskatoon Community Corrections
Gary Ulrich, Catholic School Board
Brian Lawton, Independent
Neil Wylie,Saskatoon Police Service
Darcel Pittman,Saskatoon Police Service
Vance Winegarden, Aboriginal Courtworker
Craig Nyirfa,Saskatoon Police Service
Alex Thomson, Meyopimachewin Project
Paul Benson, St. Paul's Hospital
Paul Major, St. Paul's Hospital
Val Schmidt, Saskatoon Corrections
Pat Gunn, Radius
Fred Campieau, Regional Phychiatric Centre
Jeannette Laroque, Parent
Cindy Sieben, Saskatoon Friendship Inn
Alandra Taylor, Saskatoon Friendship Inn

Regrets:
Jim Scott, Saskatoon Police Service
John Quinn, Saskatoon Police Service
Reverend Glen Jones, Community Chaplaincy
Kate Waygood, Saskatoon Community Development, City Council

Shirley Laroque, Saskatoon Public Health
Don Ragush, Saskatoon Public Health
Milton Derrie, Saskatoon Public School Board
Brian Noonan, Catholic School Board
Ted Amendt, Princess Alexandra School Community Coordinator
Verdene Schmidt, Princess Alexandra School
Craig Keuleman, Canadian Tire Store

MINUTES

1. **Opening Prayer:** Alandra Taylor spoke for Reverend Glen Jones

2. **Introductions:**

3. **Overview of Friendship inn Solvent Abuse Prevention Project:**
   - began research 1993-94
   - applied for funding late 1994
   - project received funding from Health and Welfare Canada for 1995
   - formation of community group "Toli-Hearts"
   - member of the FSIN solvent abuse prevention committee(protocol & curriculum sub-committees)
   - first annual Memorial Feast for people who have lost their lives to the street
   - provided information to Community Schools
   - children's activities
   - created and distributed solvent abuse information pamphlet
   - began Women's healing circle
   - held a weekend retreat for women
   - focused on supporting children and families
   - focused on cultural activities
   - did survey of retailers re: solvent abuse (findings to be published in medical journal) Worked in conjunction with Dr. Wayne Hindmarsh, University of Manitoba
   - held a workshop for retailers
   - Reapplied for funding for 1996/97
   - focus on primary prevention
   - education, awareness, and supporting children and families
   - presentations at SIAST, and to Community Schools Association

Conference
- designed information package for retailers, teachers, parents, and health professionals
- children's programs, community group, and Women's Circle continue
- former member of Women's Circle started circle in Regina
- many connections made with other agencies and organizations

4. **Overview of Solvent Abuse:**

- Solvent abuse is the practice of inhaling volatile hydrocarbons (paint thinner, glue, lacquer thinner, gasoline) or aerosol products for the purpose of getting high, or drinking non- beverage alcohol such as hairspray, Chinese cooking wine, or Lysol
- solvents used primarily by people living in poverty, users may start at an extremely young age
- solvents are cheap, easily accessed and work to kill the pain of life however they are extremely damaging
- Video on solvent abuse: showed long term effects of solvent abuse ie. heart, lungs and other major body organs, irreversible brain damage, sudden sniffing death and severity of addictive properties
- "real" stories shared by recovering solvent abusers and a scenario of the difficulties facing individuals and agencies dealing with solvent abuse intervention treatment issues

5. **What communities have done/ can do:**

- Brief overview of legislation in Alberta and Manitoba
- History of the Winnipeg Coalition Against Solvent Abuse, the Winnipeg Non-Potable Committee and the Prince Albert Solvent Abuse Prevention Committee

6. **What our community will do:**

- Val Schmidt gave a report on the Saskatoon Correction Centre's off-reserve solvent abuse prevention project Pekohewin. This project is a community minded project, coordinated by Community Chaplain, Reverend Glen Jones and Val Schmidt that will provide education and facilitation skills to incarcerated men. After a screening process eligible males will partake in 11 week sessions that will enable them to go into in the community/ies to increase awareness of solvent abuse. This exciting community project will require input and support from the city of Saskatoon!

- Information about what our community has done and can do followed with discussion and comments from various participants ie. need for community involvement to deal with the core problems and issues around solvent abuse such as greater opportunity for youth and need for greater support of community schools. Difficulty in dealing with some retailers selling products to known solvent abusers was also discussed. The need for treatment and detox centres in Saskatchewan/Saskatoon for adults was mentioned as was legislation. The need for a response team was brought forward and a question was posed in regard to necessary community resources for solvent abusers.
- Committees will be organized at the next meeting.

7. **Closing Prayer:** by Reverend Glen Jones read by Alandra Taylor

Regrets:

Dr. Susan Hemmings	University of Saskatchewan, Dept. of Physiology
Laurie Postnikoff	Health Canada
Vance Winegarden	Aboriginal Court Worker
Shirley Laroque	Public Health Services
Don Ragush	Public Health Services
Louise McKinney	Westside Community Clinic
Ted Amendt	Princess Alexandra School
Nina Henry	Westmount School
Sgt. Gerry Wilde	R.C.M.P.
Bob Haubrich	Calder Centre
Roxanne Craig	Westmount School
Joanne Skorlatowski	Northern Paint
Heather Trischuk	Addiction Services
Jim Hyne	Canada Safeway
Craig Kueleman	Canadian Tire
Prudence Owusu - Ansah	Caswell School
Dave Rugg	Family Support Centre
Kelvin Billingsley	FSIN
Edna Nighttraveller	Healthy Mother, Healthy Baby
Maureen Strawson	King George School
Joyce Tremmel	MacNiell Clinic
Toni Carlson	Pleasant Hill School
Kearney Healy	Saskatoon Legal Aid
Joan Brownridge	Saskatoon Race Relations
Gordon Gulak	Young Offenders
Vera Gallagher	St. Mary's School
Noreen Shewchuk	Community Clinic

MINUTES

1. Opening Prayer: Reverend Glen Jones

2. Introductions: Those present took 10 minutes to mingle with at least 3 people they did not know.

3. Guest Speaker: Randy Desjarlais

Randy spoke to the group about his life and his addictions. Randy was put into a foster home away from his community when he was seven, and made a permanent ward two years later. He began using solvents when he was about twelve, because all his friends were using. He was moved into eight different foster homes the year he started using. He coped by increasing his use of solvents. He was put in Kilburn Hall, where he continued to use solvents and became involved in crime. He continued to use solvents daily until he was sixteen. Most of that time he was living on the streets. Using solvents lessened his concern about his lack of stability.

Randy believes that counselling, recreational resources for young people, and information about the effects of solvents directed to the general public would be useful steps in reducing the use of solvents.
Randy told the committee that throughout those years, he held on to a dream of a better life, although life looked very bleak. He survived as well as he was able. He felt very much alone, with out the help he believed he had a right to have. He spoke of being expelled from school due to his solvent use, scrounging for food and a place to seek shelter. Randy's story is like that of many other youth who have succumbed to solvents under peer pressure. Randy wanted to share his story, viewing this act as a contribution to solvent abuse prevention.

Randy has not used solvents for seventeen years. He enjoys family life and being a parent. He is proud of how well his children are doing. Through initial support from the Westside Community Clinic Randy is now in charge of the Renter's Advocacy Group.

4. **Questions/ Discussion**
Randy responded to numerous questions about his use of solvents as well as his transition away from solvents: how he got solvents while in custody, what kind of solvents he used, and whether he used solvents occasionally after he was sixteen because of the cost of alcohol. The discussion indicated that services for solvent abusers haven't changed much in the past seventeen years. There are very few resources for solvent abusers, and available resources are not always accessed. It is well documented that solvent abuse prevention, intervention and treatment present many challenges. Randy offered insights about ways that solvent abusers can help themselves and how others can support them. The story Randy told indicates that communities must support their members. This should include help for entire families. Discussion also brought out concerns regarding moral, legal, and ethical matters.

5. **Reading of November Minutes:**
- Val Schmidt moved that the November minutes be adopted as circulated.
- Lynn Neault seconded the motion.

Motion carried.

6. **Meeting Structure**
Formal versus informal - A brief discussion concluded that subsequent meetings would begin with addressing business matters more formally, moving into speakers and open forum discussions toward the end of the meetings.

7. **Prince Albert Solvent Abuse Committee**
Peter McCullam (Prince Albert Solvent Abuse Committee) has submitted a support letter received from the City of Prince Albert. It is his hope that Prince Albert, Saskatoon and Regina collectively lobby for bylaws.

8. **Solvent Abuse Prevention Week**
A request has been made by project staff members to City Council that the week of March 16th to March 22nd, 1997 be declared Solvent Abuse Prevention Week.
Corrections' project will be presenting solvent abuse information to groups in the community that week, and has indicated a need for practicum placements in the community. Interested persons may contact Val at 956-8850 or Glen at 384-1121.

Saskatoon Solvent Abuse Committee Meeting Minutes

Tuesday, January 21, 1997
St. Paul's Hospital (former nurses residence)

Next Meeting:
Tuesday, February 25th, 1997
Room # G 30
St. Paul's Hospital
(former nurse's residence)

Attended By:

Reverend Glen Jones	Community Chaplaincy
Clara Munroe	Volunteer-Toli-Hearts
Elsie Keewatin	Volunteer-Toli-Hearts
Jeannette Laroque	Volunteer-Toli-Hearts
Arlene Seegerts	FSIN Healing Initiative
Eddie Seegerts	Community member
Howard Sangwais	Social Services
Penny Jack	Social Services
Lorna Black	Social Services
Karen McKay	Social Services
Randy Pritchard	Social Services
Tanya Neufeld	St. Paul's Hospital
Linda J. Remmer	Addictions Services
Michael Woods	Addictions Services
Al Hergot	Addictions Services
William D. Logue	Larson House
Brenda Clement	N.A.C./Metis Addiction Centre
Rose Morris	Saskatoon Crisis Intervention Services
Lynne E. Neault	Community Operations, Corrections
Dianne Ridsdale	Community Operations, Corrections
Val Schmidt	Saskatoon Corrections
Hazel Lacendre	Urban First Nation Aboriginal Court Worker
Alandra Taylor	Friendship Inn Solvent Abuse Prevention
Cindy Sieben	Friendship Inn Solvent Abuse Prevention
Randy Desjarlais	Guest Speaker
Robert Neufeld	J & H Builder's Warehouse
Michael Millar	Saskatoon Food Bank

Names of a few present were not recorded.

Saskatoon Solvent Abuse Prevention Committee Meeting
Tuesday, January 21, 1997

AGENDA

1:30 Opening Prayer

Introductions:

Guest Speaker: Randy Desjarlais

November Minutes:

Letter submitted by Prince Albert Solvent Abuse Committee

Sub-Committee Formation: ie. By-laws\Legislation & Retail Advocacy

Youth & Families

Education & Awareness

Accessibility Committee

Response Team Committee

Solvent Abuse Awareness Week Committee

Cultural Awareness Committee

3:30 Closing Prayer

Next Meeting February 18th, 1996
Guest Speaker: Bill Blanchard, Drug Awareness Coordinator

Youth and Families Education Sub Committee Meeting Agendas and Minutes

Youth and Families Sub Committee

This sub committees goals are to provide education regarding solvents. In addition, this committee would like to provide activities for and information for youth and families that address some of the precursors to solvent abuse.

MINUTES

1. **Opening Prayer:** Reverend Glen Jones
   Elsie Keewatin

2. **Introductions:** Those present took 15 minutes to mingle with at least 3 people they did not know.

3. **Guest Speaker:** Peter McCallum, Prince Albert Solvent Abuse Committee

   Peter gave an account of the Prince Albert Solvent Abuse Committee. The committee had its beginning in 1993, inspired by Peter and other concerned citizens responding to the increase of solvent abuse in Prince Albert. Retailers were contacted and encouraged to become involved. Twenty people came together at the first meeting to plan strategies for solvent abuse intervention and prevention. Pamphlets were designed and produced by the committee. Funding was a joint effort and was also supported by the company that printed the pamphlets. This printing firm was aware of the dangers of chemicals and very willing to make a contribution. Managers from major chains became involved. The Canadian Tire Store played a leading role by using these pamphlets as bag stuffers to increase the awareness of their customers. Signs were strategically placed telling customers that the store reserved the right to refuse or limit the sale of solvents. As a result of this type of intervention many questions were asked about the rights of the consumer and the retailer. This led to a focus on the need for bylaws and legislation. Peter spoke to the Saskatoon Committee urging a combined effort from major cities in Saskatchewan to lobby for legislation against the use and consumption of solvents for the purpose of mood alteration/intoxication.

4. Reading of October Minutes

5. New Business: Time restrictions for a number of people at the meeting left few members to participate in the formation of sub-committees. Dianne suggested that information about the expectations of each sub committee could be sent to individuals prior to the next meeting. Dianne also spoke in response to Peter's message to support retail intervention. While she appreciates the need for supporting retail intervention Dianne expressed concern about the possibility of criminalizing solvent abuse and that it may not be in the best interest of all concerned.

6. The few remaining members interacted over coffee until approximately 3:45

7. **Closing Prayer:** by Reverend Glen Jones

Saskatoon Solvent Abuse Committee Meeting Minutes

Tuesday, November 19, 1996
St. Paul's Hospital (former nurses residence)

NEXT MEETING:
TUESDAY, January 21, 1997
1:30 pm
230 AVENUE R SOUTH
(FORMER ST. PAUL'S NURSES' RESIDENCE)

Attended by:
Elsie Keewatin, Parent Volunteer
Clara Munroe, Parent Volunteer
Jeannette Laroque, Parent Volunteer
Toni Carlson, Pleasant School Community Coordinator
Kelvin Billingsley, FSIN
Val Schmidt, Saskatoon Corrections
Reverend Glen Jones, Community Chaplaincy
Louise McInney, Westside Community Clinic
Cindy Sieben, Saskatoon Friendship Inn
Alandra Taylor, Saskatoon Friendship Inn
Peter McCallum, Solvent Abuse Committee-Prince Albert
Ted Amendt, Princess Alexandra School Community Coordinator
Deryk Thompson, Regional Brighter Futures Coordinator
Dianne Ridsdale, Saskatoon Community Corrections
Michael Millar, Food Bank
Kathy Younghusband, Chem. Dep. Worker Program

Regrets:
Norine Shewchuk, Community Clinic
Brian Lawton, Independent
Fred Campieau, Regional Phychiatric Centre
Vance Winegarden, Aboriginal Courtworker
Hazel Letendre, Aboriginal Courtworker

Saskatoon Solvent Abuse Prevention Committee Meeting

November 19, 1996

AGENDA

Opening Prayer: Reverend Glen Jones

Introductions:

Guest Speaker: Peter McCullum- Prince Albert
Solvent Abuse Committee

October Minutes:

Old Business:

New Business: Barriers
Committee Formation
Distribution of Packages

Closing Prayer: Reverend Glen Jones

Next Meeting: January 21, 1997
Guest Speaker: Randy Desjarlais

9. **Sub-Committee Formation**

The following sub committees were formed during this meeting:

By-laws\Legislation & Retail Advocacy
Randy Pritchard
Lynne Neault

Youth & Families
Arlene Seegerts
Ted Amendt
Toni Carlson

Education & Awareness
Michael Woods
Glen Jones
(Toni Carlson)
(Laurie Pulai)
(Ruth Cameron)
(Prudence Owusu-Ansah)

Cultural Opportunities
Elsie Keewatin
Clara Munroe
Eddie Seegerts
Howard Sangwais
Penny Jack

Prevention Week
Glen Jones
Clara Munroe
Elsie Keewatin
Penny Jack
Randy Pritchard
Rose Morris
Michael Millar

Response Team
Glen Jones
Arlene Seegerts
Karen McKay
William Logue
Brenda Clement
Lorna Black

Accessibility

3:30 Closing Prayer: Glen Jones

Next Meeting February 25th, 1997
Guest Speaker: Representative from Pihkohowin Project

Note: Bring your business cards to the next meeting for a card exchange.

Saskatoon Solvent Abuse Prevention Committee Meeting
Tuesday, February 25, 1997

AGENDA

GOALS: To increase the awareness of the extreme dangers of solvent abuse, the high social and human costs and the effects on our community.

For the Individual: To encourage individuals to take responsibilty for themselves and towards their community.
For the community: To take responsibility for the **health** of individuals living in our community.

Health is defined as the actualization of full human potential.

1:30 Opening Prayer

Introductions: Exchange of business cards

Approval of January 25th meeting minutes

Old business:

New business:

Support letters
Reports from sub-committees:

Discuss sub committees role in defining their perspective of a "Model Community"

Sign up for sub- committees continues

2:30 Break

2:45 Speaker: Representative from Community Corrections Solvent Abuse Prevention Project

Saskatoon Solvent Abuse Committee Meeting Minutes

Tuesday, February 25, 1997
St. Paul's Hospital (former nurses' residence)

Next Meeting:
Tuesday, April 22nd, 1997
Room # G 30
St. Paul's Hospital
(former nurse's residence)

Attended By:

Reverend Glen Jones	Community Chaplaincy
Howard Sangwais	Social Services
Randy Pritchard	Social Services
Lynne E. Neault	Community Operations, Corrections
Alandra Taylor	Friendship Inn Solvent Abuse Prevention
Cindy Sieben	Friendship Inn Solvent Abuse Prevention
Michael Millar	Saskatoon Food Bank
Noreen Shewchuk	Community Clinic
Frank Douglas	Social Services
John Garnet	Saskatoon Police Service
Gary Ulrich	Catholic School Board
Marcel Lerat	Guest Speaker
Jason Roy	Guest Speaker

Regrets:

Vance Winegarden	Aboriginal Court Worker
Shirley Laroque	Public Health Services
Don Ragush	Public Health Services
Louise McKinney	Westside Community Clinic
Ted Amendt	Princess Alexandra School
Dave Rugg	Family Support Centre
Kelvin Billingsley	FSIN
Edna Nighttraveller	Healthy Mother, Healthy Baby
Kearney Healy	Saskatoon Legal Aid
Anne Campbell	YWCA

MINUTES

1. **Opening Prayer:** Reverend Glen Jones

2. **Introductions:**Those present exchanged bisiness cards

3. **Committee's Vision:** Cindy Sieben reminded committee of it's purpose, goals, hopes and expectations.

4. **Approval of January 25th Meeting Minutes:** Michael moved that the minutes be approved as circulated. Glen seconded the motion. Motion carried.

5. **New Business:**

T Shirts: Glen announced that Pihkohowin T Shirts with Solvent Abuse Awareness Week March 16th to 22nd, 1997 on the back will be available for $10.00. Orders can be taken no later than March 10th.

Letters of Support: Alandra asked committee to consider sending letters of support for Friendship Inn's 1997/1998 proposal for solvent abuse prevention. A letter written by Grant Hodgson, Friendship Inn's Executive Director was circulated.

6. **Reports from Sub-Committees:**

Solvent Abuse Prevention Week: Michael Millar reported on work to date regarding banner, handouts, poster contest, mall displays, press package, media coverage, presentations by Pihkowhowin graduates and retail outlets willing to use bag stuffers.. Videos will be shown at the mall displays.

Alandra passed out a draft of the press release. Committee members perused the draft and indicated any changes they might like to see.

Youth/Education Committee:

Glen Jones reported for the committee on poster contest, contest prizes, distribution of materials re poster contest and solvent abuse information packages.

Response Team Committee:

Cindy Sieben reported that the committee determined available (local and provincia) resources for children, youths and adults who are using solvents. Some recommendations that came out of this meeting are:

- ongoing education about solvents for youth

- the committee to make an application to make a presentation to Saskatoon District Health regarding the lack of services in Saskatoon for solvent abusers, particularly detox and treatment for children and youth.

- more recreational opportunities for children, youth and families

- an effective and acceptable means to address child abuse and neglect

- to make information about Addictions Services, Calder Centre and Larson House readily available to pertinent agencies

- to lobby the province regarding poverty issues

- to get Mayor Dayday, Chief Dave Scott, and Roy Romanow involved in solvent abuse prevention

Next Meeting: To Be Announced

9.

By-laws\Legislation & Retail Advocacy
Randy Pritchard
Lynne Neault

Youth & Families
Arlene Seegerts
Ted Amendt
Toni Carlson

Education & Awareness
Michael Woods
Glen Jones
(Toni Carlson)
(Laurie Pulai)
(Ruth Cameron)
(Prudence Owusu-Ansah)
(Brian Trainer)

Cultural Opportunities
Elsie Keewatin
Clara Munroe
Eddie Seegerts
Howard Sangwais
Penny Jack

Prevention Week
Glen Jones
Clara Munroe
Elsie Keewatin
Penny Jack
Randy Pritchard
Rose Morris
Michael Millar

Response Team
Glen Jones
Arlene Seegerts
Karen McKay
William Logue
Brenda Clement
Lorna Black

Accessibility

3:30 Closing Prayer: Glen Jones

Next Meeting February 25th, 1997
Guest Speaker: Representative from Pihkohowin Project

SUB-COMMITTEES

Bylaws/Legislation, & Retail Advocacy
Randy Pritchard
Lynne Neault

Youth and Families
Arlene Seegerts
Ted Amendt
Toni Carlson

Education & Awareness
Reverend Glen Jones
Michael Woods
Toni Carlson
Laurie Pulai
Ruth Cameron
Prudence Owusu-Ansah
Edna Nightraveller

Solvent Abuse Awareness Week
Reverend Glen Jones
Clara Munroe
Elsie Keewatin
Penny Jack
Randy Pritchard
Rose Morris
Michael Millar
Neil Wylie
Bob Laren

Response Team
Reverend Glen Jones
Arlene Seegerts
Karen McKay
William Logue
Brenda Clement
Lorna Black

Cultural Awareness
Elsie Keewatin
Clara Munroe
Eddie Seegerts
Howard Sangwais
Penny Jack

Saskatoon Solvent Abuse Prevention Committee

Youth/Education Sub-Committee:

Objectives:

1. to establish what resources are available for children, youths and families in core neighborhoods
   to coordinate resourses so that they are most cost effective
2. to ensure that existing programs are being utilized
   to address barriers
3. to determine if there are gaps in services and if so, how to address them
4. to find ways to engage parents

Primary Prevention: Home

1. Parenting courses and information
2. Education on storage of solvents
3. Lifeskills

Primary Prevention: School

1. information on solvents
2. skill development (could include peer modelling, sposorship)
3. involvement in prevention effort (could include posters, banners, drama)

Primary Prevention: Community

1. Leisure/recreational activities
2. skill development

Saskatoon Solvent Abuse Prevention Committee

Youth/ Education Sub Committee

GOALS: To increase the awareness of the extreme dangers of solvent abuse, the high social and human costs and the effects on our community.

To encourage individuals to be responsible for themselves and to their community. To take responsibility for the **health** of individuals living in our community.

Health is defined as the acutualization of full human potential.

Agenda
Wednesday, February 12, 1997
7:00 p.m.
Riversdale Community Police Station

Introductions

Approval of February 6th meeting minutes

Person to report on sub committee activities at February 25th meeting

This committee's vision of a healthy community

Youth & Families/ Education & Awareness Sub-committee Feb 6, 1997 Grainfields 8th Street

Attendance: Louise McKinney, Brian Traynor, Glen Jones, Cindy Sieben, Alandra Taylor

The purpose of this committee is to establish some short term and long term goals for solvent abuse prevention education in and by the community. Much of the work done by this committee will also include advocacy for the needs of those living in the core community. This meeting included a lot of discussion about possible changes that could be made in the core area of the city of Saskatoon. Topics included adequate housing and recreation, supportive intervention by-laws, record keeping to provide clarity about the scope of the problem and consistent/constant community wide education about chemical dependency and effective life skills.

An important task of this committee will be to find creative and effective ways to engage parents in learning more about solvent abuse prevention and intervention. Further goals might include parent support groups, parenting classes, protective behaviour workshops/networking and peer programs.

Short term goals that will require the supportive effort of community schools and community associations include:

- the coordination of a poster contest for solvent abuse prevention week
- a search for prizes for this contest
- judges for this contest
- posters gathered and displayed at tables in malls during solvent abuse prevention awareness week
- set dates for the initiation & duration of the contest
- coordinating practicum placements for those completing the solvent abuse prevention curriculum through the Saskatoon Corrections Solvent Abuse project
- coordinating time for solvent abuse education in grades K-4 with the "INHALANTS"
- coordinate elementary school students in the task of checking out their home and school for solvents with an opportunity to learn about safe, alternative products.

Brian Traynor of the Saskatoon Police Service has offered his artistic skills to the Prevention Week Sub-committee. We gratefully received Brian's offer to paint the banner that will be hung in City Hall March 16 to 22.

This Sub-committee has the potential to be very pro-active in the enhancement of the core area of our city and has set the date for the **next meeting for Wednesday February 12th 7:00 pm at the Community Police Station 801 - 20th Street West.**

Minutes compiled by A. Taylor

Youth & Families/ Education & Awareness Sub-committee **Feb 12, 1997**
Riversdale Community Police Station

Attendance: Edna Nighttraveller, Clara Munroe, Brian Trainer, Cindy Sieben, Alandra Taylor

The sub committee decided to focus on short term goals that would tie into the Prevention Week in March. Brian moved that the minutes of the February 6th meeting be approved as read. Edna seconded the motion. Motion carried.

Brian nominated Glen to speak on behalf of the work of the sub committee to the larger committee at the meeting on February 25th. Alandra seconded the motion. Motion was carried.

Alandra agreed to call school coordinators regarding a poster contest for the children attending Community Schools. Details of the poster contest are attached.

Brian agreed to search for prizes for the winners of the contest. Possible prizes may include t-shirts, pennants, and movie coupons. He will also ask Chief Dave Scott and Mayor Henry Dayday to judge the poster contest.

Alandra and Cindy agreed to do the Amos and Andy show (a skit using ant eaters to deliver a message about solvents to younger kids) for the kid's attending Friendship Inn's Kid's Night Out, on the Tuesday of Prevention week. They may also perform it that week at one of the Community Schools if they can schedule it in.

Alandra and Cindy will also put together materials to distribute to Community Schools for teachers who are interested in having their classes get involved in Solvent Abuse Prevention Week.

The next meeting will be held on Wednesday, February 19th at 4:00 p.m. at the Friendship Inn. (619 20th Street West)

Agenda

Youth & Families/ Education & Awareness Sub-committee **Feb 19, 1997**
Friendship Inn 4:00 pm

4:00 pm Open Meeting

Reading and approval of last meeting's minutes

Old business reports from members
re: poster contest
- coordination
- specifics
- prizes
- Brian's connections (Mayor Quimbley & Chief Wiggums)

Banner update

New business need people to volunteer to bring kid's posters around to 20th Street businesses and hang them for Prevention Week

need person to volunteer to phone sub committee members who are not present after each meeting to inform them about the next meeting

would appreciate loan of T.V./V.C.R. (Brian?) for mall display

would like update of FAX numbers

update on school coordinators

Youth & Families/ Education & Awareness Sub-committee 4;00 Feb 19, 1997 Friendship Inn

Attendance: Clara Munroe, Brian Trainer, Glen Jones, Louise McKinney, Cindy Sieben, Alandra Taylor

Past Minutes Glen read the minutes from the February 12th meeting. Brian moved that the minutes be approved as read. Louise seconded the motion. Motion carried.

Sub-committee Reports

Glen expressed his appreciation for being elected to speak on behalf of the sub-committee to the larger committee. He was especially grateful to Brian for nominating him and Alandra for seconding the nomination.

Poster Contest

Cindy read information that had been sent to the schools regarding the poster contest. Louise suggested that a good way to get information out to the schools is through the school boards.

Contest Prizes Brian reported on prizes he had obtained for the poster contest. Rocky Mountain Screen Printing will be making t-shirts using a logo that Brian has designed. The group determined that we would need 21 t-shirts for prizes. (3 per community school). Pacific Odeon will donate movie passes, and Brian is looking into lazer tag.

Distribution of Posters

It was suggested that the poster contest rules could be distributed to local merchants prior to the request to distribute the posters in store windows. Brian proposed that the Community Police Station could be available to distribute both the posters and the notices as well as the project information packages. Alandra agreed to complete and drop off the packages.

Distribution of Posters Glen at St. Paul's and at Corrections, Brian to business district by police volunteers, Louise

Poster Contest Judging Brian is still checking into local celebrities to judge the poster contest. Brian will see if we can get the Mayor to sign a proclamation for Solvent Abuse Prevention Week. If this happens, it may be a good opportunity for publicity.

Phoning of committee members vs mailing out minutes Clara agreed to call members not present at meetings of the forth coming meeting

Banner Brian has received the banner that Michael Millar has donated for Prevention Week. He presented a few logo options to the group and will work the suggestions into a prototype and present them at the next meeting.

Community Schools Alandra and Cindy will also put together materials to distribute to Community Schools for teachers who are interested in having their classes get involved in Solvent Abuse Prevention Week.

Mission Statement Cindy moved that the goal would be "To Increase the community responsibility to all children" This motion was seconded by Louise and carried.

Appreciation Certificates Glen suggested that we look into certificates to acknowledge those supporting solvent abuse prevention week.

The next meeting will be schedueled at the committee meeting February 25th at St. Paul's

Regrets:

Dr. Susan Hemmings	University of Saskatchewan, Dept. of Physiology
Laurie Postnikoff	Health Canada
Vance Winegarden	Aboriginal Court Worker
Shirley Laroque	Public Health Services
Don Ragush	Public Health Services
Louise McKinney	Westside Community Clinic
Ted Amendt	Princess Alexandra School
Nina Henry	Westmount School
Sgt. Gerry Wilde	R.C.M.P.
Bob Haubrich	Calder Centre
Roxanne Craig	Westmount School
Joanne Skorlatowski	Northern Paint
Heather Trischuk	Addiction Services
Jim Hyne	Canada Safeway
Craig Kueleman	Canadian Tire
Prudence Owusu - Ansah	Caswell School
Dave Rugg	Family Support Centre
Kelvin Billingsley	FSIN
Edna Nighttraveller	Healthy Mother, Healthy Baby
Maureen Strawson	King George School
Joyce Tremmel	MacNiell Clinic
Toni Carlson	Pleasant Hill School
Kearney Healy	Saskatoon Legal Aid
Joan Brownridge	Saskatoon Race Relations
Gordon Gulak	Young Offenders
Vera Gallagher	St. Mary's School
Noreen Shewchuk	Community Clinic

MINUTES

1. **Opening Prayer:** Reverend Glen Jones

2. **Introductions:** Those present took 10 minutes to mingle with at least 3 people they did not know.

3. **Guest Speaker:** Randy Desjarlais

Randy spoke to the group about his life and his addictions. Randy was put into a foster home away from his community when he was seven, and made a permanent ward two years later. He began using solvents when he was about twelve, because all his friends were using. He was moved into eight different foster homes the year he started using. He coped by increasing his use of solvents. He was put in Kilburn Hall, where he continued to use solvents and became involved in crime. He continued to use solvents daily until he was sixteen. Most of that time he was living on the streets. Using solvents lessened his concern about his lack of stability.

Randy believes that counselling, recreational resources for young people, and information about the effects of solvents directed to the general public would be useful steps in reducing the use of solvents.
Randy told the committee that throughout those years, he held on to a dream of a better life, although life looked very bleak. He survived as well as he was able. He felt very much alone, with out the help he believed he had a right to have. He spoke of being expelled from school due to his solvent use, scrounging for food and a place to seek shelter. Randy's story is like that of many other youth who have succumbed to solvents under peer pressure. Randy wanted to share his story, viewing this act as a contribution to solvent abuse prevention.

Randy has not used solvents for seventeen years. He enjoys family life and being a parent. He is proud of how well his children are doing. Through initial support from the Westside Community Clinic Randy is now in charge of the Renter's Advocacy Group.

4. **Questions/ Discussion**

Randy responded to numerous questions about his use of solvents as well as his transition away from solvents: how he got solvents while in custody, what kind of solvents he used, and whether he used solvents occasionally after he was sixteen because of the cost of alcohol. The discussion indicated that services for solvent abusers haven't changed much in the past seventeen years. There are very few resources for solvent abusers, and available resources are not always accessed. It is well documented that solvent abuse prevention, intervention and treatment present many challenges. Randy offered insights about ways that solvent abusers can help themselves and how others can support them. The story Randy told indicates that communities must support their members. This should include help for entire families. Discussion also brought out concerns regarding moral, legal, and ethical matters.

5. **Reading of November Minutes:**

- Val Schmidt moved that the November minutes be adopted as circulated.
- Lynn Neault seconded the motion.

Motion carried.

6. **Meeting Structure**

Formal versus informal - A brief discussion concluded that subsequent meetings would begin with addressing business matters more formally, moving into speakers and open forum discussions toward the end of the meetings.

7. **Prince Albert Solvent Abuse Committee**

Peter McCullam (Prince Albert Solvent Abuse Committee) has submitted a support letter received from the City of Prince Albert. It is his hope that Prince Albert, Saskatoon and Regina collectively lobby for bylaws.

8. **Solvent Abuse Prevention Week**

A request has been made by project staff members to City Council that the week of March 16th to March 22nd, 1997 be declared Solvent Abuse Prevention Week.
Corrections' project will be presenting solvent abuse information to groups in the community that week, and has indicated a need for practicum placements in the community. Interested persons may contact Val at 956-8850 or Glen at 384-1121.

Saskatoon Solvent Abuse Committee Meeting Minutes

Tuesday, January 21, 1997
St. Paul's Hospital (former nurses residence)

Next Meeting:
Tuesday, February 25th, 1997
Room # G 30
St. Paul's Hospital
(former nurse's residence)

Attended By:

Reverend Glen Jones	Community Chaplaincy
Clara Munroe	Volunteer-Toli-Hearts
Elsie Keewatin	Volunteer-Toli-Hearts
Jeannette Laroque	Volunteer-Toli-Hearts
Arlene Seegerts	FSIN Healing Initiative
Eddie Seegerts	Community member
Howard Sangwais	Social Services
Penny Jack	Social Services
Lorna Black	Social Services
Karen McKay	Social Services
Randy Pritchard	Social Services
Tanya Neufeld	St. Paul's Hospital
Linda J. Remmer	Addictions Services
Michael Woods	Addictions Services
Al Hergot	Addictions Services
William D. Logue	Larson House
Brenda Clement	N.A.C./Metis Addiction Centre
Rose Morris	Saskatoon Crisis Intervention Services
Lynne E. Neault	Community Operations, Corrections
Dianne Ridsdale	Community Operations, Corrections
Val Schmidt	Saskatoon Corrections
Hazel Lacendre	Urban First Nation Aboriginal Court Worker
Alandra Taylor	Friendship Inn Solvent Abuse Prevention
Cindy Sieben	Friendship Inn Solvent Abuse Prevention
Randy Desjarlais	Guest Speaker
Robert Neufeld	J & H Builder's Warehouse
Michael Millar	Saskatoon Food Bank

Names of a few present were not recorded.

Saskatoon Solvent Abuse Prevention Committee Meeting
Tuesday, January 21, 1997

AGENDA

1:30 Opening Prayer

Introductions:

Guest Speaker: Randy Desjarlais

November Minutes:

Letter submitted by Prince Albert Solvent Abuse Committee

Sub-Committee Formation: ie. By-laws\Legislation & Retail Advocacy

Youth & Families

Education & Awareness

Accessibility Committee

Response Team Committee

Solvent Abuse Awareness Week Committee

Cultural Awareness Committee

3:30 Closing Prayer

Next Meeting February 18th, 1996
Guest Speaker: Bill Blanchard, Drug Awareness Coordinator

Youth and Families Education Sub Committee Meeting Agendas and Minutes

Youth and Families Sub Committee

This sub committees goals are to provide education regarding solvents. In addition, this committee would like to provide activities for and information for youth and families that address some of the precursors to solvent abuse.

MINUTES

1. **Opening Prayer:** Reverend Glen Jones
Elsie Keewatin

2. **Introductions:** Those present took 15 minutes to mingle with at least 3 people they did not know.

3. **Guest Speaker:** Peter McCallum, Prince Albert Solvent Abuse Committee
Peter gave an account of the Prince Albert Solvent Abuse Committee. The committee had its beginning in 1993, inspired by Peter and other concerned citizens responding to the increase of solvent abuse in Prince Albert. Retailers were contacted and encouraged to become involved. Twenty people came together at the first meeting to plan strategies for solvent abuse intervention and prevention. Pamphlets were designed and produced by the committee. Funding was a joint effort and was also supported by the company that printed the pamphlets. This printing firm was aware of the dangers of chemicals and very willing to make a contribution. Managers from major chains became involved. The Canadian Tire Store played a leading role by using these pamphlets as bag stuffers to increase the awareness of their customers. Signs were strategically placed telling customers that the store reserved the right to refuse or limit the sale of solvents. As a result of this type of intervention many questions were asked about the rights of the consumer and the retailer. This led to a focus on the need for bylaws and legislation. Peter spoke to the Saskatoon Committee urging a combined effort from major cities in Saskatchewan to lobby for legislation against the use and consumption of solvents for the purpose of mood alteration/intoxication.

4. Reading of October Minutes

5. New Business: Time restrictions for a number of people at the meeting left few members to participate in the formation of sub-committees. Dianne suggested that information about the expectations of each sub committee could be sent to individuals prior to the next meeting. Dianne also spoke in response to Peter's message to support retail intervention. While she appreciates the need for supporting retail intervention Dianne expressed concern about the possibility of criminalizing solvent abuse and that it may not be in the best interest of all concerned.

6. The few remaining members interacted over coffee until approximately 3:45

7. **Closing Prayer:** by Reverend Glen Jones

Saskatoon Solvent Abuse Committee Meeting Minutes

Tuesday, November 19, 1996
St. Paul's Hospital (former nurses residence)

NEXT MEETING:
TUESDAY, January 21, 1997
1:30 pm
230 AVENUE R SOUTH
(FORMER ST. PAUL'S NURSES' RESIDENCE)

Attended by:	Elsie Keewatin, Parent Volunteer Clara Munroe, Parent Volunteer Jeannette Laroque, Parent Volunteer Toni Carlson, Pleasant School Community Coordinator Kelvin Billingsley, FSIN Val Schmidt, Saskatoon Corrections Reverend Glen Jones, Community Chaplaincy Louise McInney, Westside Community Clinic Cindy Sieben, Saskatoon Friendship Inn Alandra Taylor, Saskatoon Friendship Inn Peter McCallum, Solvent Abuse Committee-Prince Albert Ted Amendt, Princess Alexandra School Community Coordinator Deryk Thompson, Regional Brighter Futures Coordinator Dianne Ridsdale, Saskatoon Community Corrections Michael Millar, Food Bank Kathy Younghusband, Chem. Dep. Worker Program
Regrets:	Norine Shewchuk, Community Clinic Brian Lawton, Independent Fred Campieau, Regional Phychiatric Centre Vance Winegarden, Aboriginal Courtworker Hazel Letendre, Aboriginal Courtworker

Saskatoon Solvent Abuse Prevention Committee Meeting

November 19, 1996

AGENDA

Opening Prayer: Reverend Glen Jones

Introductions:

Guest Speaker: Peter McCullum- Prince Albert
Solvent Abuse Committee

October Minutes:

Old Business:

New Business: Barriers
Committee Formation
Distribution of Packages

Closing Prayer: Reverend Glen Jones

Next Meeting: January 21, 1997
Guest Speaker: Randy Desjarlais

9. Sub-Committee Formation

The following sub committees were formed during this meeting:

By-laws\Legislation & Retail Advocacy
Randy Pritchard
Lynne Neault

Youth & Families
Arlene Seegerts
Ted Amendt
Toni Carlson

Education & Awareness
Michael Woods
Glen Jones
(Toni Carlson)
(Laurie Pulai)
(Ruth Cameron)
(Prudence Owusu-Ansah)

Cultural Opportunities
Elsie Keewatin
Clara Munroe
Eddie Seegerts
Howard Sangwais
Penny Jack

Prevention Week
Glen Jones
Clara Munroe
Elsie Keewatin
Penny Jack
Randy Pritchard
Rose Morris
Michael Millar

Response Team
Glen Jones
Arlene Seegerts
Karen McKay
William Logue
Brenda Clement
Lorna Black

Accessibility

3:30 Closing Prayer: Glen Jones

Next Meeting February 25th, 1997
Guest Speaker: Representative from Pihkohowin Project

Note: Bring your business cards to the next meeting for a card exchange.

Saskatoon Solvent Abuse Prevention Committee Meeting
Tuesday, February 25, 1997

AGENDA

GOALS: To increase the awareness of the extreme dangers of solvent abuse, the high social and human costs and the effects on our community.

For the Individual: To encourage individuals to take responsibilty for themselves and towards their community.
For the community: To take responsibility for the **health** of individuals living in our community.

Health is defined as the actualization of full human potential.

1:30 Opening Prayer

Introductions: Exchange of business cards

Approval of January 25th meeting minutes

Old business:

New business:

Support letters
Reports from sub-committees:

Discuss sub committees role in defining their perspective of a "Model Community"

Sign up for sub- committees continues

2:30 Break

2:45 Speaker: Representative from Community Corrections Solvent Abuse Prevention Project

Saskatoon Solvent Abuse Committee Meeting Minutes

Tuesday, February 25, 1997
St. Paul's Hospital (former nurses' residence)

Next Meeting:
Tuesday, April 22nd, 1997
Room # G 30
St. Paul's Hospital
(former nurse's residence)

Attended By:

Reverend Glen Jones	Community Chaplaincy
Howard Sangwais	Social Services
Randy Pritchard	Social Services
Lynne E. Neault	Community Operations, Corrections
Alandra Taylor	Friendship Inn Solvent Abuse Prevention
Cindy Sieben	Friendship Inn Solvent Abuse Prevention
Michael Millar	Saskatoon Food Bank
Noreen Shewchuk	Community Clinic
Frank Douglas	Social Services
John Garnet	Saskatoon Police Service
Gary Ulrich	Catholic School Board
Marcel Lerat	Guest Speaker
Jason Roy	Guest Speaker

Regrets:

Vance Winegarden	Aboriginal Court Worker
Shirley Laroque	Public Health Services
Don Ragush	Public Health Services
Louise McKinney	Westside Community Clinic
Ted Amendt	Princess Alexandra School
Dave Rugg	Family Support Centre
Kelvin Billingsley	FSIN
Edna Nighttraveller	Healthy Mother, Healthy Baby
Kearney Healy	Saskatoon Legal Aid
Anne Campbell	YWCA

MINUTES

1. **Opening Prayer:** Reverend Glen Jones

2. **Introductions:**Those present exchanged bisiness cards

3. **Committee's Vision:** Cindy Sieben reminded committee of it's purpose, goals, hopes and expectations.

4. **Approval of January 25th Meeting Minutes:** Michael moved that the minutes be approved as circulated. Glen seconded the motion. Motion carried.

5. **New Business:**

T Shirts: Glen announced that Pihkohowin T Shirts with Solvent Abuse Awareness Week March 16th to 22nd, 1997 on the back will be available for $10.00. Orders can be taken no later than March 10th.

Letters of Support: Alandra asked committee to consider sending letters of support for Friendship Inn's 1997/1998 proposal for solvent abuse prevention. A letter written by Grant Hodgson, Friendship Inn's Executive Director was circulated.

6. **Reports from Sub-Committees:**

Solvent Abuse Prevention Week: Michael Millar reported on work to date regarding banner, handouts, poster contest, mall displays, press package, media coverage, presentations by Pihkowhowin graduates and retail outlets willing to use bag stuffers.. Videos will be shown at the mall displays.

Alandra passed out a draft of the press release. Committee members perused the draft and indicated any changes they might like to see.

Youth/Education Committee:

Glen Jones reported for the committee on poster contest, contest prizes, distribution of materials re poster contest and solvent abuse information packages.

Response Team Committee:

Cindy Sieben reported that the committee determined available (local and provincia) resources for children, youths and adults who are using solvents. Some recommendations that came out of this meeting are:

- ongoing education about solvents for youth

- the committee to make an application to make a presentation to Saskatoon District Health regarding the lack of services in Saskatoon for solvent abusers, particularly detox and treatment for children and youth.

- more recreational opportunities for children, youth and families

- an effective and acceptable means to address child abuse and neglect

- to make information about Addictions Services, Calder Centre and Larson House readily available to pertinent agencies

- to lobby the province regarding poverty issues

- to get Mayor Dayday, Chief Dave Scott, and Roy Romanow involved in solvent abuse prevention

Next Meeting: To Be Announced

9.

By-laws\Legislation & Retail Advocacy
Randy Pritchard
Lynne Neault

Youth & Families
Arlene Seegerts
Ted Amendt
Toni Carlson

Education & Awareness
Michael Woods
Glen Jones
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Karen McKay
William Logue
Brenda Clement
Lorna Black

Accessibility

3:30 Closing Prayer: Glen Jones

Next Meeting February 25th, 1997
Guest Speaker: Representative from Pihkohowin Project

SUB-COMMITTEES

Bylaws/Legislation, & Retail Advocacy

Randy Pritchard
Lynne Neault

Youth and Families

Arlene Seegerts
Ted Amendt
Toni Carlson

Education & Awareness

Reverend Glen Jones
Michael Woods
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Solvent Abuse Awareness Week

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Saskatoon Solvent Abuse Prevention Committee

Youth/Education Sub-Committee:

Objectives:

1. to establish what resources are available for children, youths and families in core neighborhoods
   to coordinate resourses so that they are most cost effective
2. to ensure that existing programs are being utilized
   to address barriers
3. to determine if there are gaps in services and if so, how to address them
4. to find ways to engage parents

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1. Parenting courses and information
2. Education on storage of solvents
3. Lifeskills

Primary Prevention: School

1. information on solvents
2. skill development (could include peer modelling, sposorship)
3. involvement in prevention effort (could include posters, banners, drama)

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1. Leisure/recreational activities
2. skill development

Saskatoon Solvent Abuse Prevention Committee

Youth/ Education Sub Committee

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To encourage individuals to be responsible for themselves and to their community. To take responsibility for the **health** of individuals living in our community.

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Agenda
Wednesday, February 12, 1997
7:00 p.m.
Riversdale Community Police Station

Introductions

Approval of February 6th meeting minutes

Person to report on sub committee activities at February 25th meeting

This committee's vision of a healthy community

Youth & Families/ Education & Awareness Sub-committee **Feb 6, 1997** **Grainfields 8th Street**

Attendance: Louise McKinney, Brian Traynor, Glen Jones, Cindy Sieben, Alandra Taylor

The purpose of this committee is to establish some short term and long term goals for solvent abuse prevention education in and by the community. Much of the work done by this committee will also include advocacy for the needs of those living in the core community. This meeting included a lot of discussion about possible changes that could be made in the core area of the city of Saskatoon. Topics included adequate housing and recreation, supportive intervention by-laws, record keeping to provide clarity about the scope of the problem and consistent/constant community wide education about chemical dependency and effective life skills.

An important task of this committee will be to find creative and effective ways to engage parents in learning more about solvent abuse prevention and intervention. Further goals might include parent support groups, parenting classes, protective behaviour workshops/networking and peer programs.

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- the coordination of a poster contest for solvent abuse prevention week
- a search for prizes for this contest
- judges for this contest
- posters gathered and displayed at tables in malls during solvent abuse prevention awareness week
- set dates for the initiation & duration of the contest
- coordinating practicum placements for those completing the solvent abuse prevention curriculum through the Saskatoon Corrections Solvent Abuse project
- coordinating time for solvent abuse education in grades K-4 with the "INHALANTS"
- coordinate elementary school students in the task of checking out their home and school for solvents with an opportunity to learn about safe, alternative products.

Brian Traynor of the Saskatoon Police Service has offered his artistic skills to the Prevention Week Sub-committee. We gratefully received Brian's offer to paint the banner that will be hung in City Hall March 16 to 22.

This Sub-committee has the potential to be very pro-active in the enhancement of the core area of our city and has set the date for the **next meeting for Wednesday February 12th 7:00 pm at the Community Police Station 801 - 20th Street West.**

Minutes compiled by A. Taylor

Youth & Families/ Education & Awareness Sub-committee **Feb 12, 1997**
Riversdale Community Police Station

Attendance: Edna Nighttraveller, Clara Munroe, Brian Trainer, Cindy Sieben, Alandra Taylor

The sub committee decided to focus on short term goals that would tie into the Prevention Week in March. Brian moved that the minutes of the February 6th meeting be approved as read. Edna seconded the motion. Motion carried.

Brian nominated Glen to speak on behalf of the work of the sub committee to the larger committee at the meeting on February 25th. Alandra seconded the motion. Motion was carried.

Alandra agreed to call school coordinators regarding a poster contest for the children attending Community Schools. Details of the poster contest are attached.

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Alandra and Cindy agreed to do the Amos and Andy show (a skit using ant eaters to deliver a message about solvents to younger kids) for the kid's attending Friendship Inn's Kid's Night Out, on the Tuesday of Prevention week. They may also perform it that week at one of the Community Schools if they can schedule it in.

Alandra and Cindy will also put together materials to distribute to Community Schools for teachers who are interested in having their classes get involved in Solvent Abuse Prevention Week.

The next meeting will be held on Wednesday, February 19th at 4:00 p.m. at the Friendship Inn. (619 20th Street West)

Agenda

Youth & Families/ Education & Awareness Sub-committee Feb 19, 1997
Friendship Inn 4:00 pm

4:00 pm Open Meeting

Reading and approval of last meeting's minutes

Old business reports from members
re: poster contest
- coordination
- specifics
- prizes
- Brian's connections (Mayor Quimbley & Chief Wiggums)

Banner update

New business need people to volunteer to bring kid's posters around to 20th Street businesses and hang them for Prevention Week

need person to volunteer to phone sub committee members who are not present after each meeting to inform them about the next meeting

would appreciate loan of T.V./V.C.R. (Brian?) for mall display

would like update of FAX numbers

update on school coordinators

Youth & Families/ Education & Awareness Sub-committee 4;00 Feb 19, 1997 **Friendship Inn**

Attendance: Clara Munroe, Brian Trainer, Glen Jones, Louise McKinney, Cindy Sieben, Alandra Taylor

Past Minutes Glen read the minutes from the February 12th meeting. Brian moved that the minutes be approved as read. Louise seconded the motion. Motion carried.

Sub-committee Reports

Glen expressed his appreciation for being elected to speak on behalf of the sub-committee to the larger committee. He was especially grateful to Brian for nominating him and Alandra for seconding the nomination.

Poster Contest

Cindy read information that had been sent to the schools regarding the poster contest. Louise suggested that a good way to get information out to the schools is through the school boards.

Contest Prizes Brian reported on prizes he had obtained for the poster contest. Rocky Mountain Screen Printing will be making t-shirts using a logo that Brian has designed. The group determined that we would need 21 t-shirts for prizes. (3 per community school). Pacific Odeon will donate movie passes, and Brian is looking into lazer tag.

Distribution of Posters

It was suggested that the poster contest rules could be distributed to local merchants prior to the request to distribute the posters in store windows. Brian proposed that the Community Police Station could be available to distribute both the posters and the notices as well as the project information packages. Alandra agreed to complete and drop off the packages.

Distribution of Posters Glen at St. Paul's and at Corrections, Brian to business district by police volunteers, Louise

Poster Contest Judging Brian is still checking into local celebrities to judge the poster contest. Brian will see if we can get the Mayor to sign a proclamation for Solvent Abuse Prevention Week. If this happens, it may be a good opportunity for publicity.

Phoning of committee members vs mailing out minutes Clara agreed to call members not present at meetings of the forth coming meeting

Banner Brian has received the banner that Michael Millar has donated for Prevention Week. He presented a few logo options to the group and will work the suggestions into a prototype and present them at the next meeting.

Community Schools Alandra and Cindy will also put together materials to distribute to Community Schools for teachers who are interested in having their classes get involved in Solvent Abuse Prevention Week.

Mission Statement Cindy moved that the goal would be "To Increase the community responsibility to all children" This motion was seconded by Louise and carried.

Appreciation Certificates Glen suggested that we look into certificates to acknowledge those supporting solvent abuse prevention week.

The next meeting will be schedueled at the committee meeting February 25th at St. Paul's

Youth and Families/Education Awareness Sub Committee

Agenda

Our Goal: To increase community responsibility for all children.

Introductions:

Old Business:

Poster Contest:

- suggested judge: Chester Knight
- video equipment
- poster pick up and delivery
- Prevention Week
- Community Schools
- Appreciation Certificates

New Business:

- Parental Involvement
- Campaign to use empty lots in constructive ways

Agenda

Our Goal: "To Increase the community responsibility for all children"

Introductions:

Old Bussiness
- Contest Judging - suggestion Chester Knight
- Video equipment
- Poster pick up and delivery
- Prevention week
- Community Schools
- Appreciation Certificates

New Bussiness

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Response Team Committee

This sub committee's goal is to create resources that are accessible to solvent abusers who are wishing to quit using, and further to create a protocol that will be used by people that encounter children and youths using solvents.

GOALS: To increase the awareness of the extreme dangers of solvent abuse, the high social and human costs and the effects on our community.

To encourage individuals to be responsible for themselves and to their community.
To take responsibility for the health of individuals living in our community.

Health is defined as the acutualization of full human potential.

Saskatoon Solvent Abuse Prevention Committee
Response Team Sub Committee

We have come to believe, through our work in this area, that solvent abuse prevention, even primary prevention must offer services to those that are using solvents, both socially and chronically. Can we prevent children from becoming involved in solvent abuse without addressing the needs of people who are currently using?

Currently, there are very few services in Saskatchewan available to solvent abusers who are wanting to quit. And there are no services for adults.

The first step in solvent abuse prevention and intervention is to prepare the community with information. The community needs to accept that solvent abuse exists, and is escalating. At the same time, the community must work towards building trust with all of it's members

Requests for treatment must be responded to immediately. Resources such as transportation, childcare, detox and treatment options must be in place. Further, treatment centers need to take into consideration the special needs of the individual who is using solvents. The needs of the family must also be considered. This includes spiritual and cultural needs.

Intervening in solvent abuse for children twelve years of age or younger could include:

- contact with the child's parents
- cotact with the child's school
- contact with Social Services
- contact with SADAC
- referral-to appropriate supports (ie: SADAC, treatment, treatment for families, McNeill Clinic, Parent Aid, and other resources) with an agreement from the entire network to continue to work with the child and the family until the child is no longer at risk. Should parents be unable or unwilling to make every effort to address the issue in effective ways, another body should be the motivating force, supporting the family in every way possible. In short prevention and intervention requires a community team approach.

For youths between twelve and sixteen years of age:

- contact with the child's parents if appropriate
- contact with the child's school if the youth is attending school
- contact with Social Services
- contact with SADAC
- referral to appropriate supports (ie: SADAC, treatment, treatment for families, McNeill Clinic, Social Services, and other resources) with an agreement from the entire network to continue to work with the child and the family until the child is no longer at risk. Should parents be unable or unwilling to make every effort to address the issue in effective ways, another body should be the motivating force, supporting the family in every way possible. A person to report the solvent abusing behavior to ie. medical assessment, family referrals, treatment referrals.

The parents of children and youth who are using solvents and are unable or unwilling to be proactive in supporting the child's recovery process are endangering the child. In this circumstance, we believe the child should be apprehended.

Solvent abusers will need long term residential treatment; detoxification followed by a comprhensive social learning program.

It is important to recognize that treatment is a small part of the recovery process and that the real recovery needs to happen in the community with support from the community.

Do we need a protocol or by-law to provide the authority or conviction to action.?

Do we need a person/place to report incidents of solvent abuse to?

Do we need to look at existing legislation and work towards consistant enforcement?

Do we need to advocate for the needs of children and youth and give them a voice along with accountability?

Do we need to accept harm reduction as an alternative?

Are we as a community willing to address the underlying issues of addictions and provide the opportunities and support to children and families?

Are we as a community willing to address the issue of poverty?

Response Team Committee Meeting Agendas and Minutes

Saskatoon Solvent Abuse Prevention Committee
Response Team Sub Committee

GOALS: To increase the awareness of the extreme dangers of solvent abuse, the high social and human costs and the effects on our community.

To encourage individuals to be responsible for themselves and to their community. To take responsibility for the **health** of individuals living in our community.

Health is defined as the acutualization of full human potential.

Agenda
Thursday, February 13, 1997
Larson House
130 Avenue O, South

- Introductions
- This committee's vision of a healthy community
- Short term goals
- Long term goals
- Devise plan to present to Saskatoon Solvent Abuse Prevention Committee re: solvent abuse watch
- Committee's imput on workshop for taxi drivers and bus drivers
- Nominate someone to present information from Response Team Committee to Saskatoon Solvent Abuse Prevention Committee at the February 25th meeting
- Set date for next meeting

Saskatoon Solvent Abuse Prevention Committee
Response Team Sub Committee Meeting
February 13, 1997
3:00 p.m. Larson House

Attended By: William Logue, Brenda Clements, Reverend Glen Jones, Alandra Taylor, Cindy Sieben

Discussion at this meeting began by focussing on available resources for solvent abusers in Saskatoon and Saskatchewan.

It was determined that for youth there are no resources in Saskatoon. White Buffalo Treatment Centre near Prince Albert has a six month program specifically for solvent abusers with ten beds, for youth eleven to sixteen years old. Angus Campbell and Rancherlo will also take youth.

Adult solvent abusers can go through detoxification at Larson House and be admitted immediately upon request provided there is available space. The only restrictions are that the person must be able to walk and talk, and not have a history of violent episodes in Larson house.

Hopeveiw will take high functioning solvent abusers for treatment, the waiting list tends to be six to eight weeks.

William will do everything in his power to obtain treatment for solvent abusers as immediately as possible.

The committee agreed that we need services for youth and adults within this community.

Some recommendations that came out of this meeting are:

- ongoing education about solvents for youth

- the committee to make an application to make a presentation to Saskatoon District Health regarding the lack of services in Saskatoon for solvent abusers, particularly detox and treatment for children and youth.

- more recreational opportunities for children, youth and families

- an effective and acceptable means to address child abuse and neglect

- to make information about Addictions Services, Calder Centre and Larson House readily available to pertinent agencies

- to lobby the province regarding poverty issues

- to get Mayor Dayday, Chief Dave Scott, and Roy Romanow involved in solvent abuse prevention

Next Meeting: To Be Announced

Solvent Abuse Prevention Week Sub - Committee

This sub committee was responsible for planning and carrying out Solvent Abuse Prevention Week. The Prevention week included a declaration by City Hall, a banner hung in City Hall, a press conference, a number of interviews and news articles with committee members, solvent abuse information being distributed by several major retail chains and small businesses, a solvent abuse information booth in all of Saskatoons's malls, a poster contest for core area elementary school students, and a " Search Your Home for Solvents" contest, for families with children attending core area elementary schools. T shirts were printed up for the people who staffed the mall booths, and for the children who won the poster contest.

Saskatoon Solvent Abuse Prevention Committee

Prevention Week Sub-Committee:

Objectives:

1. to increase awareness of solvent abuse in Saskatoon
2. to decrease the incidence of solvnet abuse in Saskatoon

Primary Prevention: Home

1. to send information regarding solvents and the storage of solvents to each family with children in elementary school in the core neighborhoods
2. to encourage each family to search out solvents in their home, and to use non toxic products when able

Primary Prevention: School

1. to bring information on solvents into the classrooms of community schools
2. to create a solvent abuse slogan and banner(s) which will be displayed during Prevention Week

Primary Prevention: Community

1. to ensure that prevention week is covered by the local media
2 to develop ways in which organisations and businesses can cotribute to Prevention Week
3. to distribute solvent abuse information through retailers

Meeting Agendas and Minutes

Solvent Abuse Prevention Committee

Awareness Week Sub-committee Meeting   February 3, 1997   Grainfields-8th Street

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Attendance: Michael Millar, Matt Parr, Randy Pritchard, Penny Jacks, Rose Morris, Rev. Glenn Jones, Alandra Taylor, Cindy Sieben.

The following recommendations and decisions were made by the committee members present:

Saskatoon Malls:

Contacts re availability and prime times .... Rose
Schedueling and enlisting volunteers to man tables .... Randy & Penny

Printing & cost of printing

This includes volunteer time to help with the printing if possible, finding an agency to print. and help to finance some of the costs. Contacts will include Free Press, etc. .... Matt

Solvent Abuse Pamphlets:

Preparation of pamphlets(3) .... Cindy & Alandra

Retail Contacts .... Cindy & Alandra

Dispersal of bag stuffers .... Members at large

Media Coverage

Star Pheonix contest - kids check your home for solvents ....
T.V & Radio. .... Glen
This includes talk shows, T.V. runs of Breath of Despair and/orBreathing Easy, news coverage, information blerb done by youth etc.

Presentations: ie: Kelsey Youth Care Worker Program .... Cindy & Alandra

School Newsletters:

school contacts .... Randy & Penny, Youth, Family & Education Sub-Committees

Banner:

Aquisition .... Michael
painting .... Glenn
permission .... Cindy

This is not written in stone, if there are any errors please inform us!

Saskatoon Solvent Abuse Prevention Committee
Prevention Week Sub Committee

GOALS: To increase the awareness of the extreme dangers of solvent abuse, the high social and human costs and the effects on our community.

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Agenda
Monday, February 17, 1997
2:00 p.m. Saskatoon Food Bank

· Introductions

· Approval of last meeting's minutes

· Old Business

  · reports from committee members re:
    - malls
    - pamphlets
    - dispersal of bag stuffers
    - presentations
    - banner
    - printing
    - retail contacts
    - media coverage
    - school newsletters

· Discussion re: week and tasks still needing to be done

· New business

· Display board for malls

· T shirts for people staffing mall tables
Saskatoon Solvent Abuse Prevention Week March 16 - 27, 1997

· Nominate person to present information re: Prevention Week Sub Committee to Saskatoon Solvent Abuse Prevention Committee on February 25th

· Time and place of next meeting

Solvent Abuse Prevention Committee

Awareness Week Sub-committee Meeting   Feb 17, 1997   Food Bank

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Attendance: Michael Millar, Randy Pritchard, Penny Jacks, Rev. Glenn Jones, Alandra Taylor, Cindy Sieben

Regrets: Rose Morris

Reading of the Minutes: Michael MIllar

The follwing reports were given to the sub-committee regarding various aspects of Prevention Week:

Saskatoon Malls:

Rose submitted a report to the sub - committee regarding contacts that she had made with the malls. The following dates are booked:

Market Mall:	Sunday, March 16
Centre at Circle and 8th:	Monday, March 17
The Mall at Lawson Heights:	Tuesday, March 18
Midtown Plaza:	Wednesday, March 19 & Thursday, March 20
Confederation Mall:	Friday, March 21 & Saturday, March 22

Randy and Penny will coordinate the volunteer staffing of the tables at the mall in shifts of two hours or longer. Cindy will contact malls to confirm the time slots.

Printing & Cost of Printing:

Solvent Abuse Pamphlets:

Two pamphlets were chosen by the sub- committee to be used as bag stuffers. Those pamphlets and other materials will be available at the mall locations.

Retail Contacts:

Five major chains have agreed to stuff bags with solvent abuse pamphlets during prevention week. Safeway, 7-11, Shoppers Drug Mart, Wal-Mart, and Canadian Tire will be participating.

Media Coverage:

Glen has spoken with television and radio contacts. Many are interested and would like some information about solvent abuse in advance. STV has shown a great deal of interest. Local talk shows are also a possibility. St. Paul's Hospital will assist in any way possible, and will provide a room for a press release.

The Saskatoon Solvent Abuse Prevention Committee will be asked to pre-approve materials that are to be released to the media.

Banner:

Michael Millar has donated a banner that will be painted by Constable Brian Trainer. The City of Saskatoon has agreed to hang the banner during Prevention Week inside City Hall. The theme of the banner will be "Smell Flowers"

Display Board:

Cindy agreed to contact EGADZ regarding borrowing their display board for the mall diplays, and will check out other options if that is not possible. Alandra will check to see if it may be possible to get a donation of mat board to put around some of the material.

Transportation of Mall Materials:

Friendship Inn may be able to provide transportation for boards, pamphlets etc. Riversdale Community Police Station will be contacted regarding the loan of a T.V. and VCR.

Other:

Kid's posters will be on display at the malls.

Next Meeting: Saskatoon Food Bank, February 28th at 9:00 am

Awareness Week Sub-Committee

February 28, 1997, 9:00 am, Food Bank

Agenda

- Introductions
- Approval of last meeting's minutes
- Old Business
- Reports from committee members
  - printing of pamphlets
  - banner
  - delivery of pamphlets
  - retail contacts
  - video equipment
  - volunteers at malls
  - t- shirts for volunteers
  - delivery of equipment, etc. to malls
  - media coverage -media release, psa, editorials, proclamation photographs
  - poster contest & prizes
  - display board
  - school presentations
- New Business
  - Relevant pamphlets
  - Corrections re practicum placements
  - Other

Solvent Abuse Prevention Committee

Awareness Week Sub-committee Meeting **Feb 28, 1997 9:00 am** **Food Bank**

Attendance: Michael Millar, Randy Pritchard, Penny Jack, Rev. Glenn Jones, Alandra Taylor
Regrets: Matt Parr, Cindy Sieben
Reading of the Minutes: Alandra Taylor

Approval of the Minutes: Randy approved the minutes from the 17th February meeting. Penny seconded the motion. Motion carried.

Old Business:

Printing of the pamphlets- the printing will be done compliments of Matt and Pro Printing. The cost for 30,000 will be $440.00 The pamphlets will be delivered to Friendship Inn for pickup and delivery. This will be finalized for the next meeting. The community police station will be asked to be a pick up depot as well.
Banner- Brian Trainer will be responsible for the design and will arrange to have it painted.
Retail Contacts- Alandra will arrange the balance of the retail contacts. This will include the Lucky Horseshoe Bingo Hall and paint stores. A schedule will be available for the next meeting.
Video Equipment- Brian Trainer has obtained a VCR and TV for our use during the entire prevention week
Volunteers at Mall Tables- Penny has been busy scheduling the volunteers. The committee would like the assistance of the participants from the Pihkohowin Project to assist. Glen will look into their availability.
T-Shirts- One week advance notice is required for the t-shirt order. It has not yet been decided if free T-shirts are possible as the numbers may be too great. Some committee members have agreed to purchase their own at a cost of $10.00 each.
Delivery of Equipment and Pamphlets- This area needs further exploration as mall set ups must be ready for 9:30 or 10:00 most mornings. Taxi pick-ups are a possibility, however overnight storage is a concern.
Media Coverage- Glen is our media coverage person. Randy agreed to write an editorial or letter to the editor as will Penny and Glen. Alandra will ask Brian Trainer to write one as well. These will be "edited" by the group.
Poster Contest- Alandra will contact Garry Ulrich, from the Catholic School Board re the specs for the poster contest. Brian Trainer will look after all prizes. Thus far he has arranged for t-shirts, movie passes and is negotiating for lazer tag. Posters will be delivered to the Community Police Station for judging which has not yet been arranged. Brian is looking into high profile judges ie: the mayor and police chief. Police station volunteers will be asked to make contacts with the inner city retailers.
Display Board- This has been borrowed from the West Side Community nurses. Matting around pamphlets and dry mounting of posters will help to add a professional touch to the display materials. A sculpture of a headstone may be added to the display for effect.
School Presentations- Glenn reported that the following schools will be offering practicum placements during the Prevention Week: St. Mary's, Pleasant Hill, King George, Princess Alex, Bishop Murray, Bishop Roberecki, Bishop Kline. Randy suggested that a presentation at Kilburn Hall would be good. Glen will look into this. Alandra & Cindy hope to arrange an activity with the schools that week about scouting schools and homes for dangerous products.

New Business

Relevant Pamphlets- Pamphlets from Family Preservation, Young Offenders, and more will be displayed along with other information.
News Conference- A press conference will be held on March 11th at St, Paul's Hospital, in Room G 30. Alandra will call those that the committee would like to be involved.

NEXT MEETING BROWN BAG LUNCH, WEDNESDAY, MARCH 5, 12:00 AT THE FOOD BANK

Solvent Abuse Prevention Committee

Awareness Week Sub-committee Meeting
March 5, 1997 12:00pm, Food Bank

Agenda

- Introductions
- Approval of last meeting's minutes
- Old Business
- Reports from committee members
  - printing of pamphlets
  - banner
  - delivery of pamphlets
  - retail contacts
  - video equipment
  - volunteers at malls
  - t- shirts for volunteers
  - delivery of equipment, etc. to malls
  - media coverage -media release, psa, editorials, proclamation photographs
  - poster contest & prizes
  - display board
  - school presentations
- New Business
  - Relevant pamphlets
  - Corrections re practicum placements
  - acknowledgment of agencies and individuals who have contributed to Prevention Week
  - Other

Solvent Abuse Prevention Committee

Awareness Week Sub-committee Meeting **March 5, 1997** **12:00 am** **Food Bank**

Attendance: Michael Millar, Randy Pritchard, Penny Jack, Rev. Glenn Jones, Alandra Taylor, Matt Parr, Cindy Sieben, Randy Pritchard

Approval of the Minutes: Randy approved the minutes from the 17th February meeting. Penny seconded the motion. Motion carried.

Old Business: Reports

Printing of the pamphlets- The printing of 15,000 pamphlets has been delivered to Friendship Inn by Matt. The pamphlets will be available at the Friendship Inn for pickup and delivery. Pick up and delivery of pamphlets will be finalized at the next meeting.

Banner- Alandra reported that Brian Trainer has said that the banner is in process.

Retail Contacts- Retail contacts have been made with Hardware & lumber, 7-11, Safeway, Shopper's Drugmart, Lucky Horseshoe Bingo. Some paint stores are to be contacted yet. A schedule will be available for the next meeting. The group decided that the pamplets could be delivered by those that had signed up.

Video Equipment- Brian Trainer has obtained a VCR and TV for our use during the entire prevention week. We are able to pick the size that we need.

Volunteers at Mall Tables- Penny has scheduled most of the volunteers. Glen reported that assistance from the participants in the Pihkohowin Project is not possible because of time crunches.

T-Shirts- 5o T-shirts have been ordered for all those participating at malls during solvent abuse awareness week.

Delivery of Equipment and Pamphlets- Cindy arranged for SOS delivery to transport and store materials to the malls for a price of $105.00.

Media Coverage- Psa's, media alerts and press conference coverage has been arranged. A search for attendees is still in process. Randy agreed to participate pending clearance. The date for the press conference has been changed to March 12, at 10:30. Cts. Brian Trainer will not be able to attend on this date.

Poster Contest- Garry Ulrich, from the Catholic School Board was sent a fax re the poster contest. Brian Trainer has 21 t-shirts for prizes. Dave Scott Chief of Police will judge the poster contest. Police station volunteers have made contacts with the inner city retailers.

Display Board- Will be borrowed from Egadz. Matting and dry mounting of posters has been done.

School Presentations- Glen reported confimation from all schools offering practicum placements during the Prevention Week except St. Mary's, King George and Princess Alex. Kilburn Hall not yet confirmed. A meeting with the school coordinators is schedulled for Friday, March 7th, 11:00 at Westmount School, regarding prevention week activities for students.

New Business

Relevant Pamphlets- Cindy asked for pamphlets from anyone who could contribute something pertinent.

Letters of Support- Cindy asked for letters of support for the 1997/1998 project proposal.

All present were asked to submitt all names of those assisting in SAPW including the volunteers at the malls.

NEXT MEETING MONDAY, MARCH 10, 11:00 AT THE FOOD BANK

Solvent Abuse Prevention Committee

Awareness Week Sub-committee Meeting
March 10, 1997 11:00pm, Food Bank

Agenda

- Introductions
- Approval of last meeting's minutes
- Old Business
- Reports from committee members
    - printing of pamphlets
    - banner
    - delivery of pamphlets
    - retail contacts
    - volunteers at malls
    - t- shirts for volunteers
    - media coverage -media release, psa, editorials, proclamation photographs
    - poster contest & prizes
    - display board
    - school presentations and activities
- New Business
    - Banner - needs to go to John (building maitenance) at City Hall
    - need to decide date and place of poster contest judging - (press opportunity?)
    - Corrections re practicum placements
    - Other

Solvent Abuse Prevention Committee

Awareness Week Sub-committee Meeting March 10, 1997 11:00 am Food Bank

Attendance: Michael Millar, Randy Pritchard, Alandra Taylor, Cindy Sieben, Brian Trainer

Approval of the Minutes: Brian moved that the last meeting's minutes be approved as read. Randy seconded the motion. Motion carried.

Old Business: Reports

Printing of the pamphlets- Michael reported that he had spoken to Mat and that Mat hadn't yet got the 15,000 pamphlets left to print done. Cindy, Michael and Brian all volunteered to help Matt. Cindy or Alandra said they would phone Matt to find out if he needed help.

Distribution of pamphlets- Those present at the meeting divided up the places that pamphlets needed to be dropped off. People who are doing drop offs will pick up pamphlets at the Friendship Inn.

Banner- The banner is finished and Brian will take it to City Hall and contact John who will hang it.

Retail Contacts- All of the retail people are on side except Safeway. Cindy is still waiting for a call from the powers that be.

Video Equipment- Brian has obtained a VCR and TV for our use during the entire prevention week. Cindy will have S.O.S pick it up on Saturday at Rent to Own on Diefenbaker Drive.

Volunteers at Mall Tables- The first shift of volunteers each day need to report to the mall office. Volunteers can pick up their T shirts at the Community Police Station between Tuesday and Friday before 6 pm. Brian will take any T Shirts left over to Market Mall on Sunday. Randy will be there from 12:00 to 5:00 and anyone who hasn't got their T shirt yet can pick it up there. Randy will hang on to left over t-shirts and give them to Alandra or Cindy at some point. Alandra or Cindy will contact mall volunteers to let them know about the t shirt arrangements and the need for the first shift to stop at mall offices. Randy will Fax names and numbers of mall volunteers to Cindy.

T-Shirts- Cindy or Alandra will let Glen know about the t shirt distribution.

Media Coverage- People confirmed for participating in the press conference are: John Garnet, Saskatoon Police Service, Al Hurgot, Addictions Services, William Logue, Larson House, Glen Jones, Pihkohewin Project, Dr. Ray Fagneau or Dr. Terry Zlipco - St. Paul's Emergency, Darren Boser - M.D. Ambulance, Georgina Jolibois - Community Development, St. Paul's Hospital, Robert Nuefeld - J&H Lumber Warehouse, Randy Pritchard - Family Preservation Unit, Social Services. Randy Desjarlais is still a possibility, As is Patty Hoffinger from the Fire Department. Brian will pull strings to get Patty to attend.

Poster Contest- Following Alandra and Cindy's meeting with the Community School Coordinators it became apparent that we won't have an over abundance of posters. Brian will contact the Chief about when a good time to do the judging will be. The winners will be contacted to come and get their prizes. The press will be contacted to cover the event. Hopefully it can take place on Monday so the rest of the posters can be hung.

Display Board- The display board will be picked up today from EGADZ and set up tomorrow.

Prevention week activities for students- Some of the "house " pamphlets will be directed to the Community Schools so the kids can go through their homes with their parents to look for toxic substances. Families who participate will have their name entered to win a family size pizza. Alandra and Cindy will drop off pamphlets as soon as they are available.

Phone numbers- Those present exchanged home phone numbers in case we needed to contact each other.

Alandra- 955-1478 Cindy- 652-4564 Michael-373-2533 Randy- 384-4766
Brian 934-0521

The Declaration

The Banner

The banner that was hung in City hall for Solvent Abuse Prevention Week was designed by a member of the Saskatoon Police Service. The same logo was used on the t shirts that were distributed as prizes for the poster contest.

The Media

OPTIONS for Media Coverage for Prevention Week

Print

Star Pheonix, The Sun, The Free Press

1) Media picture of the signing of the proclamation and/or picture of the prize winning poster presented by a celebrety or dignatary the week before solvent abuse prevention week.
2) Run articles re solvent abuse and/or advertisements from the U.S. National Inhalant Week (Synergies)
3) Opinion Editorial
4) Letter to the Editor

News Release:

Radio and Television

PSA'S taped or read

Solvent Abuse Prevention and Awareness Week- March 16 to 22, 1997
Solvent abuse has been referred to as the "Silent Epidemic". Solvent abuse, not a new phenomenon, has not been addressed, possibly because largely it has been a practice of minority groups. We do know however that solvent abuse crosses all boundaries of age, sex and social class. We also know that solvent abuse or "sniffing" and "huffing" as it called on the street is a "gateway drug".
Solvent abuse can be a *deadly* practice. We need to work together to keep our childten safe!

Press Conference

This would include the response team members and could include:

Al Hurgot	Addiction Services
Bob Haubrick	Calder Center
William Logue	Larson House
Bertha Oulette	Native Alcohol Treatment Center(NAC)
Cts. Brian Trainer/Cts.John Garnet	Saskatoon Police Service
Director	Poison Control Center
Corrections SA Coordinator	Rev. Glen Jones
FI SA Prevention Coordinator	Alandra Taylor
FI SA Prevention Coordinator	Cindy Sieben
Bob Simms	Mobile Crisis
Dr. Ray Fagnau/Dr.Kazekevich	Medical Proffession

Include in the data: Statistics from the above participants

News Release:

SOLVENT ABUSE ON THE INCREASE IN THE CITY OF SASKATOON

For more information contact:

Reverend Glen Jones
Phone: 655-5195 at St. Paul's Hospital
384-1121 Saskatoon Community Chaplaincy
384-5737 Residence

FOR IMMEDIATE RELEASE: March 16,1997

Date: February 26,1997

The Saskatoon Solvent Abuse Prevention Committee in conjunction with the Corrections Canada Solvent Abuse Project are sponsoring a week long awareness campaign to alert the public to the severity of inhalant abuse especially youth between the ages of 11 and 15. It is important to be aware that the abuse of common household products is known to begin as early as age 4 and 5 years of age.

This Solvent Abuse Prevention week was declared in response to the escalating use of inhalants and non-potables in the city of Saskatoon. A 1995 survey of Saskatoon merchants indicated that 80% of the merchants surveyed were aware of solvent abuse in their area as compared to a similar survey in 1979. The earlier survey indicated that 66% of retailers were aware of solvents being abused, a considerable increase.

The awareness week in Saskatoon will be held in conjunction with the National Inhalant Prevention Coalition that is running a state wide campaign March 16 to 23, 1997. Statistics from the US Substance Abuse and Mental Health Administration indicate that more than 1 million youth last year "sniffed" or "huffed" legal products such as spray paint or gasoline to get high. Any time a person experiments with inhalants, it can be fatal.

Schools, community groups, drug prevention and health professionals, churches, businesses, law enforcement and the media are being recruited to help with this education campaign.
Recovery from solvent abuse needs to take place in the community, with the support of the community. It is important to meet the requirements of prevention, intervention and treatment to return health to the individual and the community.

For Further information call Glen Jones at 384-1121 or Alandra Taylor & Cindy Sieben at 242-5122 or the National Inhalant Prevention Coalition at 1-800-269-4237

Media Advisory

Dear,

We wish to inform you of the *first* **Solvent Abuse Prevention Awareness Week** proclaimed for the city of Saskatoon by his worship the Mayor and council. The awareness week will be held in **Saskatoon, March 16 to 23, 1997.** This event is being held in response to an increase in solvent abuse in the city of Saskatoon. Solvent abuse is a deadly practice, one that we all need to become more informed about. Solvent abuse is not a new phenomenon. It is a worldwide problem that most often affects those living in poverty.

Solvent Abuse Awareness week is designed for one week, however, solvent abuse prevention needs to be an ongoing process. To raise the community's awareness we need to encourage educators, retailers, service agencies, parents, children and youth to deal with the issues behind solvent abuse.

Solvent abuse prevention is a community affair that must be directed by all members of the community. Recovery from solvent abuse also takes place in the community, with the support of the community. It is important to meet the requirements of prevention, intervention and treatment to return health to the individual and to the community.

This week is designed to increase the awareness of the extreme dangers of solvent abuse. It often results in tragic deaths and loss of human potential. Solvent abuse places a high cost on society in general. A great load is placed on health care, social services, retailers and the entire justice system.

Solvent Abuse Awareness Week wil include:

- a banner hung in City Hall declaring solvent abuse week
- Saskatoon malls will host informational displays about solvent abuse
- core area schools will be involved in a poster contest
- The Chief of Police will judge the poster contest
- prizes will be awarded and posters will be displayed in the malls and various retail outlets
- presentations about solvent abuse at various schools and agencies
- children will be taught about the dangers of solvent abuse through drama and puppet shows

The Saskatoon Solvent Abuse Prevention Committee was initiated by the Friendship Inn Saskatoon Solvent Abuse Prevention Project. This project was funded by Health and Welfare Canada and the provincial Child Action Plan in 1995-96. The 1996-97 project is funded by Health and Welfare Canada. The overall goal of the project is to increase inhalant abuse awareness in our community. We believe that this awareness will alter the attitudes and behaviours that lead to inhalant abuse and thus lead to a decline of this practice. The project began as a grassroots effort to mobilize community level groups. Over the past few months a community wide committee has been formed and supports the concept of a "Solvent Abuse Prevention Week". *The attention and involvement of the media to raise awareness of the dangers of inhalant abuse is imperative.*

We appreciate your attention and service to help us create a greater awareness of the extreme dangers of solvent abuse.

The Saskatoon Solvent Abuse Committee

PSA'S

Solvent Abuse Prevention and Awareness Week- March 16 to 22, 1997
Solvent abuse has been referred to as the "Silent Epidemic". Solvent abuse, not a new phenomenon, has not been addressed, possibly because largely it has been a practice of minority groups. We do know however that solvent abuse crosses all boundaries of age, sex and social class. We also know that solvent abuse or "sniffing" and "huffing" as it called on the street is a "gateway drug".
Solvent abuse can be a *deadly* practice. We need to work together to keep our childten safe!

FAX:

Solvent Abuse Prevention Week

Press Conference

Monday, March 10th, 10:00 am to 12:00 pm
Room G 30 230 Avenue R South
(Former St. Paul's Nurse's Residence)

For more information please contact Glen Jones at
384-1121 or 222-8972

Press Conference

- Coordinator Friendship Inn Solvent Abuse Prevention Project

- end of second year working in solvent abuse prevention

- became involved in prevention because of the damage that we've seen

- goals
  - to increase the awareness of solvent abuse
  - to decrease the incidence of solvent abuse

- committee formed in October, 1996

- hard work of committee that has brought prevention week together

we believe it is important to raise the awareness of solvent abuse because:
  - high cost to society
  - high cost in terms of human life and quality of life
  - extremely addictive, extremely damaging, therefore prevention is the only route we can reasonably take

Silent Epidemic
  - complex problem
    - lack of resources
    - lack of awareness
    - numerous underlying issues
    - affects all of us
    - exhausts and fragments families

COMMUNITY PROBLEM - NEEDS A COMMUNITY SOLUTION

Solvent Abuse in Saskatchewan

1993 survey among First Nations Communities Teen use considered to be a moderate or a big problem in 37% of communities

Over 70% of solvent users started using solvents between the ages of 4 and 11.

Life experiences of solvent abusers were harsh
  - sexual abuse 14%
  - physical abuse 41%
  - neglect or malnutrition 57%
  - unemployment 60%

"Focus"- Saskatchewan District Health - Addiction Services

Solvent Abuse in Saskatoon

145 contacts - 17 returned
12 out of 17 identified solvent use as a somewhat extreme problem
13 out of 17 identified alcohol use as a somewhat extreme problem

First Nations youth identified some of the problems as being-
peer pressure, lack of self esteem, family problems such as substance abuse, sexual abuse, lack of education, boredom, racism, unemployment, and residential school syndrome

They also identified solvent abuse as a learned behavior

FSIN SURVEY- 1995

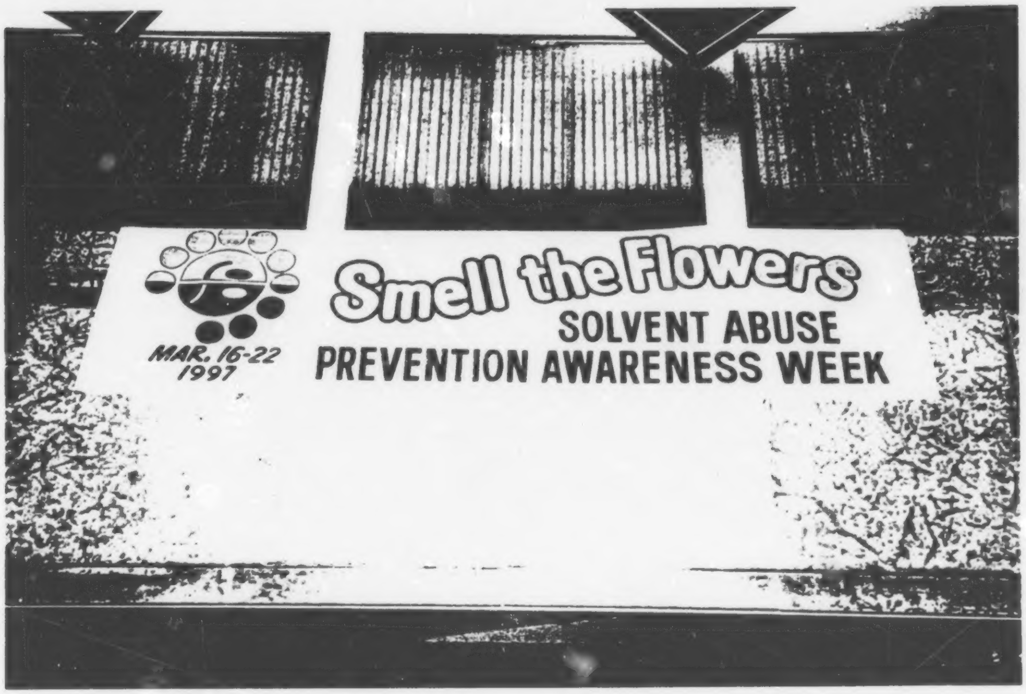
1995 - 80% of retailers surveyed indicated solvent abuse was a problem in their area.
1979 - 66% of retailers indicated solvent abuse abuse was a problem in their area
1995 - 73% believed primary method of use by inhalation
- 44% believed oral ingestion was also a method of use
- 12% didn't know what method was used

1995 - Over 50% indicated they believed solvent abuse begins between 5 and 12 years of age
1979 - most believed solvent abuse begins between 10 and 20 years of age

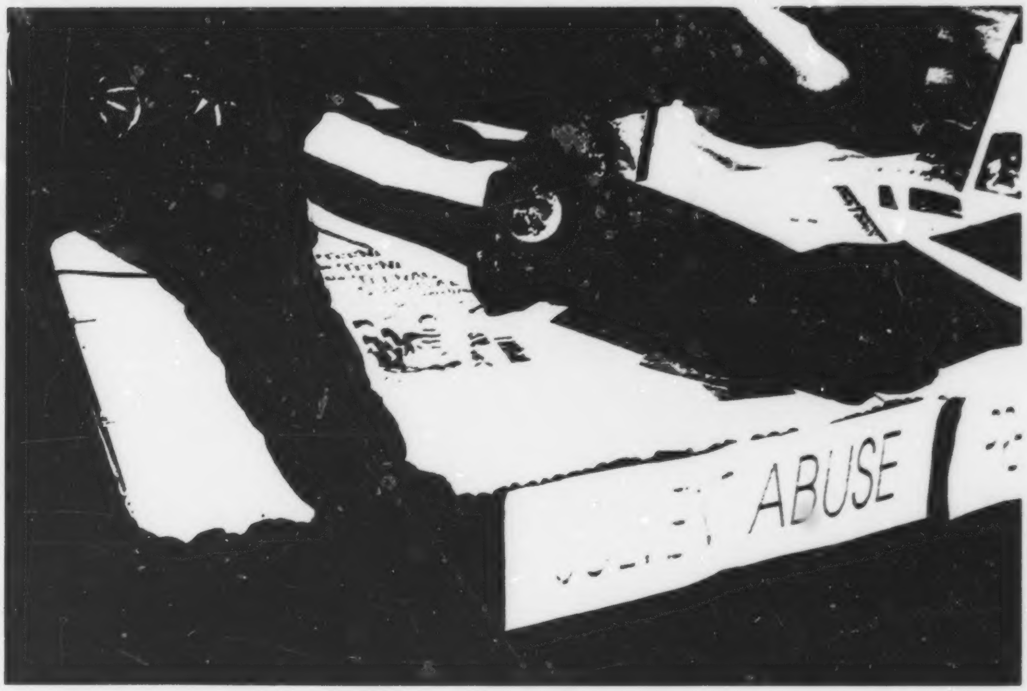
K. Wayne Hindmarsh, Alandra Taylor, Sheri Fandray
Solvent Abuse - Changes in Atitudes and Knowledge

SOLVENT ABUSE PREVENTION WEEK

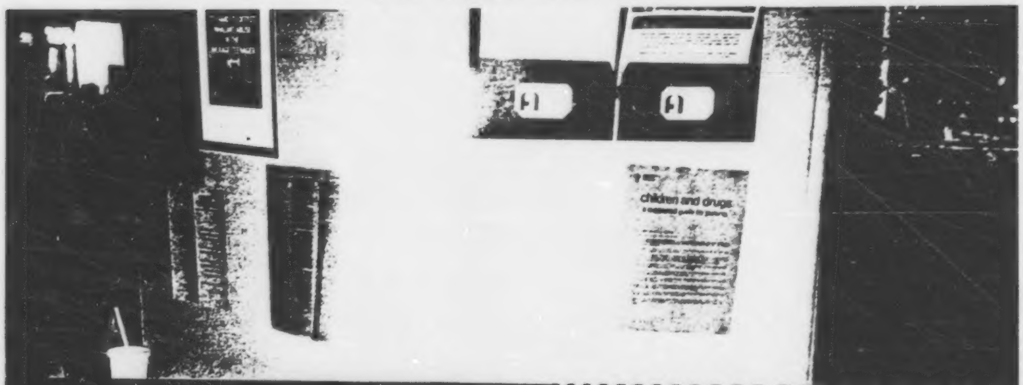
THE BANNER


Smell the Flowers
SOLVENT ABUSE
PREVENTION AWARENESS WEEK
MAR. 16-22
1997

THE "INHALE-ANTS"



THE MALL DISPLAY


children and drugs

Grounded At Age 16

Grounded At Age 16
Another Buried Treasure
SURVIVAL

The Pihkohowin Project Presents · · · ·

FRIENDSHIP INN
is not responsible
for lost or stolen items.

Poster Contest

Poster Contest

Saskatoon Solvent Abuse Prevention Committee is holding a poster contest for Core Area elementary school students. Prizes will be awarded for the best posters, and all posters will be displayed either in malls or various local retail outlets. Participants may choose between the themes of "Smell Flowers" or "Keep Safe." Contestants may choose to write "Solvent Abuse Prevention Week, March 16 to 22" on their poster. Posters will become the property of the Saskatoon Solvent Abuse Prevention Committee.

Contest Guidelines

Paper size:
11" by 17"

Medium:
any

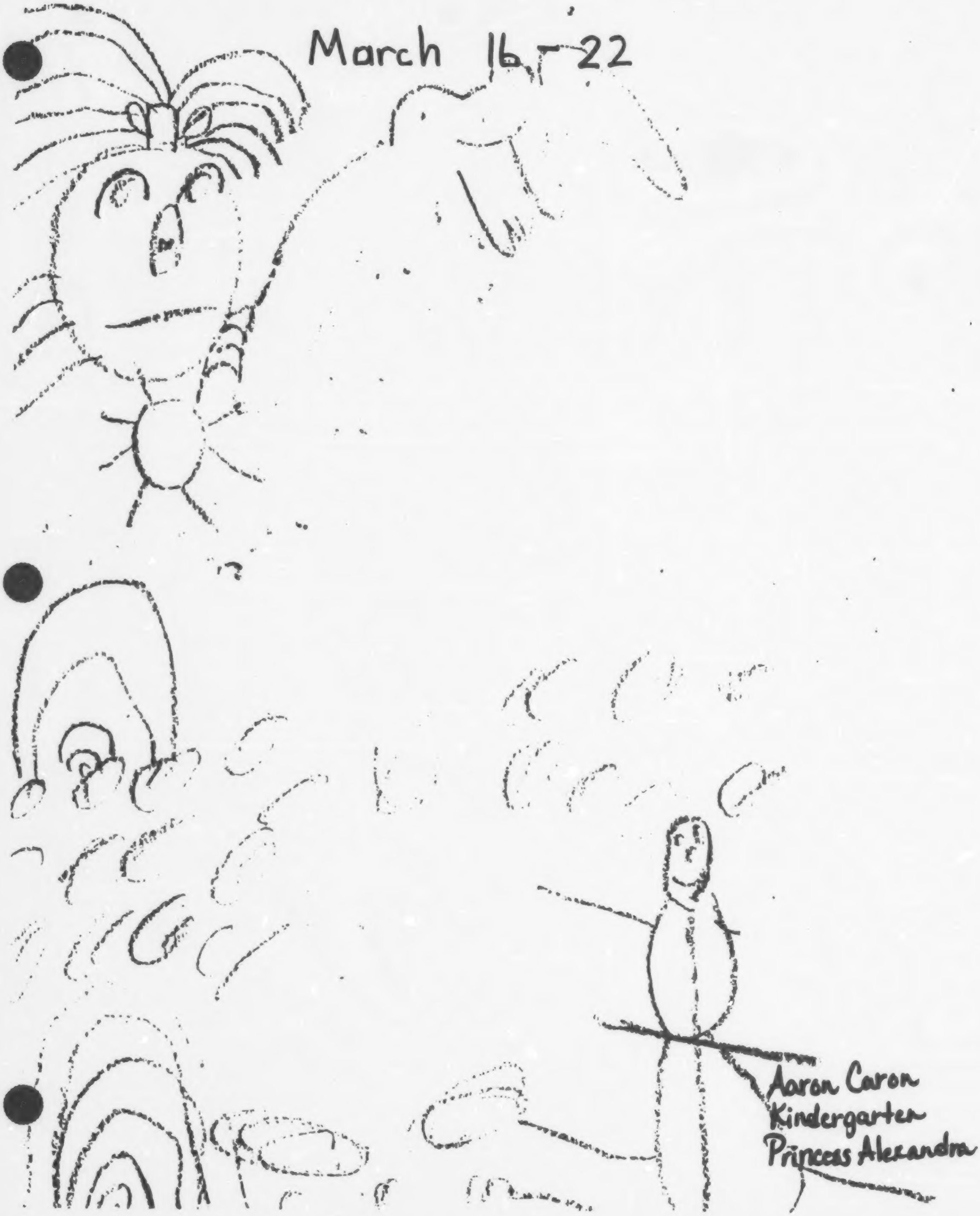
Last date for submissions:
March 13th, 1997.

Contestant's name must be displayed on the lower right hand corner of the front of the poster. Please note the contestant's school and grade on the back.

Posters need to be submitted to the Riversdale Community Police Station.

Prevention Week

March 16 - 22



Aaron Caron
Kindergarten
Princess Alexandra

Search Your Home for Solvents Contest

A draw was made in each school, the prize, a family size pizza!

This event was directed by the Education and Awareness Committee.

Parents -

Please go through your home with your child to find toxic or dangerous products. Make sure your child knows about the danger symbols and what they mean. If you can, replace the products with ones that are less harmful to people and the environment.

Please sign the form and return it to the school. Your form will be entered for a draw to win a family sized pizza.

____

(parent's sgnature)

SOLVENT ABUSE

A Community Problem...
Seeking a Community Solution

We need your help!

Compiled by
TOLI-HEART Solvent Abuse Prevention
Support Group
Friendship Inn

Funded by Canada Drug Strategy
Health & Welfare Canada

Printing Contributed by

Pro-Print

665-0999 • 708 2nd Ave. N

INHALANTS & POISONS

THEY'RE RIGHT UNDER YOUR NOSE.

Awareness Week, March 16-23, 1997

INHALANTS = POISON

A DEADLY GAME

Every year untold numbers of kids die from inhalant abuse, but many parents and educators remain unaware of the "huffing" and "sniffing" going on right under their noses.

▼

Young people who might never try marijuana or other illegal drugs do try inhalants because they are legal products, easy to get and inexpensive.

▼

A national survey indicates that more than one million youth tried inhalants last year, and more than 12 million people ages 12 and older have tried huffing at some point in their lifetime.

▼

The misuse (intentional inhaling of concentrated fumes) of more than 1,000 household products **is the same as taking poison**. Chronic users can suffer severe and permanent brain damage; some die the first time they try inhalants. Other possible risks include loss of consciousness and irreversible damage to the brain, liver, kidneys and bone marrow.

▼ SIGNS OF INHALANT ABUSE
- red or runny eyes or nose
- spots or sores around the mouth
- chemical breath odor
- drunk, dazed or dizzy appearance
- nausea, loss of appetite
- anxiety, excitability, irritability
- paints or stains on body or clothing

▼ HARMFUL EFFECTS
- short term memory loss
- hearing loss
- limb spasms
- permanent brain damage
- bone marrow damage
- liver and kidney damage
- possible fetal effects similar to fetal alcohol syndrome
- intoxication

National Inhalant Prevention Coalition
EFFECTING CHANGE TOGETHER
1.800.269.4237
© SYNERGIES 1996

Friendship Inn
619 20th Street West
SASKATOON, SK
S7M 0X9
Phone: 242 5122 (30

POISONS
IN YOUR HOME THAT ARE DANGEROUS TO INHALE OR DRINK.

BEDROOM
- hair sprays
- moth balls
- nail preparations
- air fresheners

BATHROOM
- deodorants
- mouthwashes
- vitamins
- cough/cold remedies
- prescription medications
- children's aspirin products

KITCHEN
- ammonia
- bleach
- butane
- cooking spray
- correction fluid
- insecticides
- lye & drain cleaners
- furniture polish & wax
- lighter fluids
- disinfectants
- oven cleaners

GARAGE
- antifreeze
- car wax
- fertilizers
- gasoline
- kerosene
- lime
- liquid solder
- pesticides
- refrigerants
- turpentine

WORKSHOP
- aerosol sprays
- felt tip markers,
- glues & adhesives
- paint & paint thinners
- rust removers
- solvents
- spray paints

WHAT TO DO:

COMMUNICATE.
Teach your children about this extremely dangerous abuse. IF you suspect an inhalant problem, consult a school counselor or drug counseling center. Education must start at a young age because inhalant use often starts in elementary school and can lead to further drug abuse or even death.

Safer Alternatives to Inhalants in the House

Household Product	Safer Alternative
Cooking and Cleaning Products	
· cooking spray	vegetable oil
· aerosol whipping cream	real cream or tubs of whipped topping
· barbecue lighter fluid	"green" lighter fluid
· kitchen cleaners	baking soda, vinegar and water
· bathroom cleaners	hydrogen peroxide, vinegar
· air fresheners	potpourri, incense, pumps
Personal Care Products	
· hair spray	pump - type spray
· nail polish and nail polish remover	non toxic varieties
· spray deodorant	roll on or stick
· breath spray	mints, gum, brush teeth
Workshop or Automotive Products	
· paint	latex instead of oil
· wood stain or varnish	liquid beeswax finishers
School supplies and Other Products	
· glue and rubber cement	non toxic brands
· white out	erasers, erasable pens
· toxic markers	non toxic brands
· butane lighter fluid	quit smoking, or use matches

(AVOID ALL AEROSOLS)

Source: "Be a Prevention Player" Winnipeg Indian and Metis Friendship Centre Inc.

Media Coverage

TODAY H -14 L -25 TOMORROW High -12

The StarPhoenix

Wednesday
March 12, 1997

*** Saskatoon, Saskatchewan Suggested Price: 70¢ Mon.-Thurs.; $1.17 Fri.-Sat. Tax not included

Youth, solvents deadly mix

Police want to charge city retailers who sell to young abusers

By Betty Ann Adam
of The StarPhoenix

> ***"They're hooked on solvents and that's how they get through the day — by going from one sniff to the next."***
> **— Const. Brian Trainor**

Saskatoon police want to lay child abuse charges against retailers who sell solvents to children.

"We're looking at something along that line," to help deal with a serious sniffing problem, said Const. Brian Trainor, one of four officers who staff the west-side community police station.

"We'd have to talk to prosecutors and the justice system to see if this is a route we could go with on this."

The idea of laying more serious charges is patterned on a new Alberta law that allows police to charge men who pay for sex with child prostitutes with child abuse.

"If we could show that they knowingly are selling solvent to children and that the intended use is to get high, then perhaps they're bordering on some sort of child abuse," Trainor said.

"It almost makes me wonder if the retailer is chasing the almighty buck and turning a blind eye. It's an issue we're going to be approaching the retailers about."

Trainor said he sees the victims of solvent abuse daily, stumbling along back alleys, their eyes like saucers, gripping crumpled plastic grocery bags into which they bury their faces from time to time.

They're among the hundreds of Saskatoon children and teens who sniff spray paint, lacquer thinner or glue for a powerful, potentially deadly high.

There are no statistics on the number of children "huffing," in Saskatoon, but Trainor estimates there are 500 to 1,000 young solvent abusers.

"By the time they get to be adults these people have fried so many brain cells that I don't think they know anything else," he said.

"They're hooked on solvents and that's how they get through the day — by going from one sniff to the next."

A committee of social and health agencies, police, corrections and addictions program workers will launch a week-long campaign in Saskatoon today to bring greater public awareness to the problem.

Alandra Taylor, who co-ordinates a solvent-abuse prevention program out of the Friendship Inn, says that while solvent abuse can be found in any community or socio-economic group, it is prevalent among the children of poor families.

Often they learn the habit from older siblings, friends or even parents.

"A lot of solvent abuse is about lack of hope," Taylor said. "They create their own world and escape from the pain of their lives."

Solvent abuse, such as sniffing substances or drinking Lysol or hairspray, is the bottom of the dope heap and there is a stigma attached to it, even among drug users.

Hospital CAT scans show it causes irreparable brain damage, becomes addictive faster than other drugs and sometimes causes "sudden sniffing death."

But among children, some as young as five years old, it is the drug of choice.

It has a powerful, long-lasting effect, is legal, cheap and readily available at home or the corner store.

Editorials

Solvent abuse frightening

It would be impossible to understate the dangers of solvent abuse in our city.

Full marks to Rev. Glen Jones and the Saskatoon Solvent Abuse Prevention Committee for alerting the public of the threat through the Solvent Abuse Prevention Week.

In the last few years, a number of violent deaths and beatings have involved known solvent sniffers. This includes both victims and perpetrators.

Sniffers face grave dangers to their health and it is particlarly diconcerting to learn that children as young as four and five are experimenting with solvents.

Every effort should be made to discourage the sale of these products for bad uses, particularly to children.

The full force of the law should also fall on those who provide solvents in exchange for money or sexual favors.

Solvent abuse widespread in Saskatoon: committee

By Dan Zakreski
of The StarPhoenix

S/P : MAR 13/97
A6

The disturbing solvent abuse increase in Saskatoon isn't restricted to the west side and core neighborhoods, say members of the Saskatoon Solvent Abuse Prevention Committee.

The committee is spearheading Solvent Abuse Prevention Awareness Week, March 16-23, to show the entire community the full extent of the use and its fallout.

While sustained abuse destroys the "executive suite" of a user's brain, said committee member Rev. Glen Jones from the Saskatoon Correctional Centre.

The larger damage to the community must also be noted. Life experiences of solvent abusers include physical and sexual abuse, unemployment and malnutrition, he said. There are no firm numbers to support the claim that abuse is growing, but committee members say the evidence is there.

Results of a 1995 survey by the Federation of Saskatchewan Indian Nations (FSIN) showed 80 per cent of retailers polled said solvent abuse was a problem in their area, compared with 66 per cent in 1979. Committee member Rob Neufeld, manager of J&H Builders Warehouse, said he first became aware of the phenomena at the Eighth Street East store three years ago.

"We were selling large amounts of lacquer thinner," he said Wednesday. "We have refused sales to customers."

Jones said the goal of the awareness week is to reach individuals before they start abusing. To this end, activities throughout the week include presentations about solvent abuse at various schools and agencies, information displays at local malls and a poster contest for school children.

Const. John Garnet, who works at the Avenue H and 20th Street police station, says targeting retailers is difficult because of the widespread availability of the products.

Abusers will make do with everything from mouthwash to gold paint.

Officers do approach specific owners to suggest keeping paint and lacquer thinner at the back of the store, or hair spray behind the counter.

Community-based approach needed to deal with city's solvent abuse problem

By Dave Burlinguette, *Free Press reporter*

There's no denying solvents and kids are a lethal combination.

As the emergency room physician at St. Paul's Hospital, Dr. Terry Zlipko witnesses the horrors of solvent abuse among inner-city youths and adults every day.

"From what I have seen, solvent abuse isn't restricted to one age group," he said.

"You see 8 to 10-year-olds all the way up to people in their 30s here. The kids often come in groups to the hospital because they were experimenting together with inhalants to achieve a mutual high."

Gasoline, shoe polish, paint removers, model airplane glue, nail polish remover, spray deodorants, hairsprays and insecticides are only a handful of the hundreds of products that contain solvents.

Solvent abuse can produce disastrous effects upon the human brain, heart and liver, says Steven Richardson, professor of pharmacology and psychiatry at the University of Saskatchewan's College of Medicine. Richardson's area of expertise includes the effects of drugs and chemicals on brain function.

> **"Sniffing once or twice might give you a mellow trip. Sniffing a whole lot will kill brain cells. Once a brain cell is dead, it's gone forever,"**
> — Steven Richardson

He says people sniff solvents for the same reason they choose to drink alcohol, as a pleasur able release from tension and anxiety. Solvents and alcohol are chemicals that can damage or kill brain cells if taken in high concentrations.

"Sniffing once or twice might give you a mellow trip. Sniffing a whole lot will kill brain cells. Once a brain cell is dead, it's gone forever," Richardson said.

"Chronic gasoline sniffers will suffer memory impairment. They won't be able to learn things as readily as you would expect them to. Gas is actually metabolized by the liver and is more harmful to the liver than alcohol. The solvent in model airplane glue is even more hazardous to the liver than gasoline."

The brain cells most at risk of damage are the ones responsible for reasoning functions and emotional control, Richardson said.

"A damaged brain reduces learning ability for a good job or for finishing school, and definitely impairs a person's quality of life because the brain is not working to its potential."

Inhaling gas and paint fumes also changes the way the body controls the beating of the heart, creating an imbalance between the nerves that speed up the heart and those that slow it down. This causes an irregular heart rhythm that can lead to heart attacks.

"The heart gets going too fast, and that can induce a heart attack in anyone. even someone as young as a pre-teenager," he said.

City Police Const. Brian Trainor, an officer who staffs the 20th Street West community police station, said downtown retailers generally aren't the ones selling solvents to abusers.

"(Solvent abusers) end up going outside the neighborhood to buy what they want," he said.

"The problem for us is the major drug store chains with their huge displays of hairspray and Lysol. It makes you wonder if these merchants aren't in some way contributing to the problem. You just can't turn a blind eye to what's going on.

"A lot of retailers don't know what their rights are. They don't have to sell anything to anybody. They have nothing to fear by saying, 'I'm not selling you this product.'"

In an effort to curb the problem, City Police are considering using a section of the Criminal Code dealing with causing a public nuisance in situations where retailers knowingly sell a solvent to an abuser for a purpose other than what the product was intended for. Charges would be considered after consultation with the Crown prosecutor's office.

A committee of social and health agencies, business, education, clergy, police, corrections and addictions program workers have launched a week-long campaign in Saskatoon ending Sunday to bring greater public awareness to the problem.

Al Hergott, Saskatoon District Health's general manager of addiction services, believes recovery from solvent abuse needs to take place in the community, with the support of the community.

"From our experience, the traditional treatment methods aren't that successful," he says.

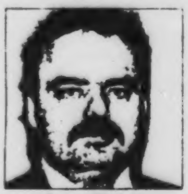
"You can take a person out of that (sniffing) environment, but it's the long-term societal issues around the (sniffing) lifestyle that have to be addressed if you're going to see (personal) change.

"For example, if a person goes back to the same peer pressures to use solvents it's quite likely they will use solvents again.

"We have learned by trial and error that there is no one answer. These kids have more issues and needs than the norm. These kids spend most of their lives in the community.

"What we as a community have to do is prevent kids from starting (solvent abuse).

"We have to give them the life skills that enable them to get out of that peer group where solvent abuse is occurring."

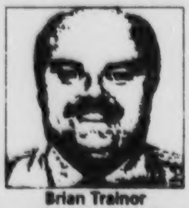


Terry Zlipko

...you see 8 to 10-year-olds

Steven Richardson

...it kills brain cells



Brian Trainor

...problem is major drug store chains

Al Hergott

...treatment methods aren't successful

Pamphlets

Thirty thousand pamphlets were printed. These were distributed though retail outlets as bag stuffersduring solvent abuse awareness week. Over one thousand six hundred pamphlets were distributed to core area families through elementary schools that same week .

A United Way Member Agency

Friendship Inn
619 - 20th Street West
SASKATOON, SK
S7M 0X8
Phone: 242-5122(306)
Fax: 242-1291(306)

January 29, 1997

Trevor Schell
Manager
Wal-Mart
The Centre at Circle and 8th
Saskatoon, Saskatchewan
S7H 5M3

Dear Trevor,

Saskatoon Friendship Inn has been working in Solvent Abuse Prevention since 1994. Our programming has received funding from Health Canada, Saskatchewan Action Plan for Children and Sask Lotteries, as well as support from numerous individuals, churches, service clubs, businesses and corporations.

Recently we requested that City Hall declare a Solvent Abuse Prevention Week for the purpose of raising the community's awareness of solvent abuse. We are requesting that during this week, retailers include a pamphlet about solvent abuse with each customer's purchase.

Enclosed please find a pamphlet similar to the one we will be providing for retailers. We are looking forward to working with Walmart, and appreciate your support for this project and the people in our community. Please call us if you have any questions or concerns.

Sincerely;

Cindy Sieber and Alandra Taylor
Solvent Abuse Prevention Coordinators

A United Way Member Agency

Friendship Inn
619 - 20th Street West
SASKATOON, SK
S7M 0X8
Phone: 242-5122(306)
Fax: 242-1291(306)

John Graham
Public Affairs Coordinator
313 Pacific Avenue
Winnipeg, Manitoba
R3A 0M2

February 18, 1997

Dear Mr. Graham,

The City of Saskatoon has declared March 16 to March 22, 1997 Solvent Abuse Prevention Week in Saskatoon. As a part of this week, the Saskatoon Solvent Abuse Prevention Committee has asked a number of retailers to insert solvent abuse information materials supplied by the committee in their customers' purchases. The local Safeway stores have agreed to participate, and have asked us to get in touch with you. We appreciate your support in increasing the awareness of this very serious problem.

Sincerely,

Cindy Sieben
Solvent Abuse Prevention Coordinator

7-11 Stores

3303A 33rd Street West	975-6640
835A Broadway Avenue	975-6641
1100 Central Avenue	975-6642
8 Assiniboine Drive	975-6643
234 Pendygrasse Road	975-6644
1930 8th Street East	975-6645
1602 33rd Street West	975-6646
1528 22nd Street West	975-6647
1435 Idylwyld Drive North	975-6648
1001 8th Street East	975-6649
1015 McKercher Drive	975-6650

Shopper's Drug Mart

Market Mall	374-4911
The Mall at Lawson Heights	934-6700
Midtown Plaza	653-4866
Westgate Plaza	382-5005
Grovesnor Park	374-4888
The Centre at Circle and 8th	373-5556
7th Avenue and 33rd Street	653-0882
Broadway and Taylor	343-1606

Safeway

302 33rd Street West	1-800-723-3929
Cumberland Square	955-7773
The Centre at Circle and 8th	955-4511
2-300 Confederation Drive	384-9599
Market Mall	374-4466
Lawson Heights Mall	242-6090

Wal-Mart

Confederation Park Mall	382-5454
The Centre at Circle and 8th	373-2300

Canadian Tire

Confederation Drive	373-3666
The Centre at Circle and 8th	384-1212

Hardware Stores

Reid's Hardware Ltd 916 Central Avenue (Rick Ried)	.374-5515 (1500)
Westgate Home Hardware 14 Westgate Plaza (Tom Wickendon)	382-6596 (500)
J&H Builder's Warehouse 8th Street and McKercher Avenue (Rob Nuefeld)	373-4300 (500)
2505 Avenue C North (Don Nuefeld)	652-5322 (500)
Beaver Lumber 705 Circle Drive East (Gary Enns)	244-0961 (1200)
Home Building Centre 420 Avenue M South	653-1323

Mayfair Hardware 244-4884
203-33 Street West (Bob McHargue)

J&H Builder's Warehouse 652-5322
2505 Avenue C North (Don Nuefeld)

Adams Lumber 652-5393
1944 St. George Avenue (Vicki Adams)

Other

Broadway Hobby and Craft Supplies 665-2811
726 Broadway Avenue (Ollie)

March 16, 1997

Dear Manager:

Please use these pamphlets as bag stuffers as much as possible vs leaving them on counters to be taken by customers.

Thank you for your support in this very important solvent abuse awareness week!

The Saskatoon Solvent Abuse Prevention Committee

WHY PREVENTION...

- Solvent abuse causes brain damage and Sudden Sniffing Death
- Solvent abuse is a learned behavior
- This practice can be very addictive
- Solvent abuse is often the gateway to other drugs
- Social costs are high
- Treatment is difficult and lengthy
- Can maintain the poverty cycle
- The cause of accidental death

WHAT CAN YOU DO TO HELP...

- Get involved
- Find out what it is doing to your community
- Support the kids
- Listen to kids
- Give abusers constant support - see them as people not as abusers
- If abuse is suspected do not approach in anger, show concern and get help.
- Know that the abuse of solvents crosses all walks of life, age and status

WHEN HELP IS NEEDED...

Approach the person calmly, speak slowly. And softly look for vital signs, use CPR if needed. Call 911. Keep the solvent for medical reference. Provide clean air flow, keep lights low and get medical help

Available Resources,...

- FSIN Regional Solvent Abuse Prevention 655-1215
- Friendship Inn Solvent Abuse Prevention Program 242-5122
- Addiction Services 655-4100
- Larson House 244-1385

SOLVENT ABUSE

A Community Problem...
Seeking a Community Solution

We need your help!

Compiled by
TOLI-HEART Solvent Abuse Prevention
Support Group
Friendship Inn

Funded by Canada Drug Strategy
Health & Welfare Canada

Printing Contributed by

Pro Print

665-0999 • 708 2nd Ave. N

SOLVENT ABUSE...

You may save a future.

You could save a life!

WHAT ARE SOLVENTS?

- Solvents are liquids that can dissolve other substances
- Solvents evaporate quickly and easily
- Solvents include many products that are in our homes and work place: glue, cleaning fluids, paint, paint thinners, gasoline, etc.

WHAT IS SOLVENT ABUSE?

Solvent vapors cause intoxication when inhaled. Solvents are not made for human consumption. Inhaling solvents for the purpose of intoxication is solvent abuse. Solvent abuse is a very dangerous practice.

REASONS FOR ABUSE

- Boredom - lack of recreation
- Difficulty in school
- Lack of education
- Lack of employment
- Crowded living conditions
- Emotional problems
- Lack of social skills
- Sense of hopelessness
- and many others

WHO IS AT RISK?

- Children
- Youth
- People living in poverty
- Pregnant women & the unborn child

SIGNS OF SOLVENT ABUSE

- Sores around the mouth and nose
- Red runny eyes
- Chronic nosebleed
- Increased salivation and spitting
- Dry throat
- Bad breath
- Smell of Solvents on the body
- Unable to care about appearance/hygene
- Loss of appetite
- Different friends and places to hang out
- Isolation
- Appearance of an intoxicated state
- Lack of motivation

AFFECTS ON THE BODY

- Effects are immediate
- Feeling of dizziness - sense of floating away
- Relaxed with a sense of well-being
- Hot flushes, flashes of light
- Hallucinations
- Effects last for 5 to 40 minutes
- Painful withdrawal

EXTREME QUANTITIES CAN :

Restrict breathing
Produce Cardiac arrest
Cause death

LONG TERM EFFECTS

- *Damage to major organs- lungs, kidney and heart*

Long term effects.....continued

- *Nervous system damage*
- *Damage to the bone marrow*
- *Brain damage (permanent)*
- *Damage to the fetus*

Damage will vary due to the product used, general state of health and genetic weakness/strength.

Visible Signs

- Decreased physical activity
- Very tired
- Forgetfulness
- Can't concentrate
- Weight loss
- Walk funny
- Trembling
- Flashbacks & paranoia

PERSONALITY CHANGES

- Depression
- Lack of motivation
- Irritabilty/hostility
- Paranoia

WHY USE SOLVENTS?

- Easy to get
- Low cost
- Convenience
- Not illegal
- Peer pressure
- Self - medication
- Sense of hopelessness
- and many others

Creation and Distribution of Printed Materials

Information packages were created and directed specifiacally to retailers, teachers, health care professionals, and parents.

Approximately one thousand packages were distributed via the school boards, St. Paul's Hospital, drop offs to retailers, and in other ways. The creation and distribution of these packages raised awareness to the extent that the formation of the Saskatoon Solvent Abuse Prevention Committee was made possible.

Solvent Abuse Prevention Package Directed to Retailers

IT'S NOT INTENDED FOR HUMAN CONSUMPTION...

Dear Merchant,

We are asking for your help with a serious problem.

The consumption of household products containing alcohol and other intoxicants are being abused either through ingestion or inhalation. This practice is extremely unsafe causing irreparable damage and in some cases even death. This behavior is practiced by children, youth, and adults alike. Products that contain alcohol; such as hairspray, mouthwash and disinfectants are abused. Aerosols and other products containing volatile chemicals (paint thinners, glues, lacquers and marking pens) can also be used. A recent survey of Saskatoon retailers indicated that many local merchants are currently responding appropriately to the increased abuse of solvents. Nevertheless, solvent abuse remains a very serious problem. It is against the law to knowingly sell products that are intended to be used for the purpose of intoxication. Individuals who break the law may be subject to fines or prison.

This information kit tells you about the problem, what the law says, signs to watch for, and how to deal with the problem. Included are signs that can be used in your retail outlet to make your customers aware of the problem and your right to refuse a sale. Please use these and advise your employees of this information.

This kit is based on one that was introduced in the province of Manitoba. The city of Winnipeg has found this information an effective way to raise awareness. It's distribution has resulted in successful intervention at the retail level.

Act now. You can be part of the solution. With your help we can save someone from harm or death.

Sincerely,

Alandra Taylor & Cindy Sieben
Solvent Abuse Prevention Coordinators

MORE FACTS ABOUT SOLVENT ABUSE...

There are over 1400 legitimate products on the market today with the potential to be abused. When inhaled, these products cause hallucinations and changes in mood. The "high" is short-lived but devastating. These products were not meant to be inhaled. The fumes can irreversibly destroy brain cells, cause respiratory distress and can easily cause instant heart failure. It is important that merchants make informed decisions to whom they sell these products.

FREQUENTLY ABUSED PRODUCTS

Glue	***Paint & Cleaning Fluids***
Nail Polish Remover	***Paint Thinner***
Gasoline	***Plastic Wood***

Inhalant abusers could be anyone...Individuals who sniff may have stains on their nose, mouth, hands or clothing, smell of chemicals, have bloodshot eyes, dilated pupils, sores in or around the mouth or nose, cracked lips, chronic nosebleed, increase spitting/coughing or the smell of solvents on their person. An abuser may drool, have slurred speech, exhibit bizarre behavior or have a dazed or dizzy look and hand tremors.

IF THE ABUSER IS HIGH, APPROACH WITH CAUTION. Inhaled products cause the user to become sensitive to the normal body chemical *adrenaline* and make reaction to an authority figure unpredictable. This may result in harm to the user (heart attack) or to you through a violent reaction. *Keep the person calm.* Fresh air is usually the best medicine.
If a person is out of control or losing consciousness, call 911.

Remember...RETAILERS HAVE THE RIGHT TO REFUSE ANY SALE....if you are not comfortable with a sale just say no.

MORE ABOUT NON-BEVERAGE ALCOHOL...

People have become seriously ill or have died from drinking household products containing alcohol (called non-beverage alcohol) or inhaling products which are not intended for consumption. Hairspray, mouthwash, aftershave, rubbing alcohol, disinfectant, and Chinese cooking wine contain alcohol and are harmful to drink. Aeorosol sprays, and volotile substances such as gasoline and paint thinner are extremely damaging to abusers.

It is against the law to knowingly sell such products for the purpose of intoxication Yet these products are being used because they are inexpensive and easily obtained. The people who are *most* vulnerable are children, youth and people living in poverty.

Non potable alcohol contains many chemicals and other ingredients which makes consumption more harmful than drinking alcoholic beverages. The effects are nausea, vomiting, diarrhea, and seizures. Using them can lead to organ and nerve damage, heart attacks, strokes, and death. A number of people have died from drinking Chinese cooking wine.

Lysol
Hairspray
Mouthwash
Chinese Cooking Wine
Rubbing Alcohol/Muscle Rub
Aftershave/Perfume

These products may contain as much as 95% alcohol

WHAT THE LAW SAYS...

There has been an alarming rise in the sales and abuse of household products containing high levels of alcohol and other psycoactive properties. There appears to be no specific regulations in place to legally address the use of non-beverage alcohols and solvents for the purpose of intoxication. In Manitoba changes have been made in the Manitoba Liquor Control Act, resulting in several court cases and convictions. Fines and/or prison terms are levied to individual users and fines are levied to corporations. Saskatchewan may need to work towards this kind of endorsement.

In Saskatchewan, Section 129 of the Alcohol and Gaming Regulations states that "No person shall be in an intoxicated condition in a public place or in a permitted premises"

Although there have been instances where retailers have been convicted of knowingly selling products that are being abused, these laws are not easily enforced.

Legal sanctions are part of the solution to this problem, however, solvent abuse is a symptom of underlying social problems such as poverty, domestic violence, and racism which need to be addressed.

SIGNS TO WATCH FOR...

People who drink non beverage products, or use inhalents tend to be people living in poverty. They are usually easy to spot due to their appearance or dress.

Individuals usually buy non-beverage products from local corner stores mainly in the inner city, or rural areas. Occasionally, they buy them from a larger store or pharmacy. A common practice for a group of people who use solvents is to pool their money outside the store and send only one inside to avoid undue attention.

They buy these products at all times of the day or evening. Alcoholics look for any products they believe to be high in alcohol content that are cheaper or easier to obtain than alcohol. They usually buy a single item which they normally drink by mixing it with water or mix in a two-litre bottle or container. When refused one product such as mouthwash, they may ask for another such as aftershave.

Inhalant abusers buy products which are absorbed into a rag or mitten, or placed in a plastic bag. These products are then held in a clenched fist, and inhaled periodically. A casual observer may think that the person is coughing or keeping their face warm. Solvents are sometimes inhaled directly from the container. The person will go to a counter in the store and ask for the product or go directly to it if they know where it is. In most cases, the purchase is made at an odd time of day. For example, someone with a beard buying aftershave late at night or someone intoxicated buying hairspray at 7:00 a.m.

Payment, in most cases, is made with a handful of change and in crumpled bills. Sometime, an item of trade will be offered for payment

When a purchase is successful, the abuser and their friends will keep coming back. When they come often, other customers may go elsewhere to shop.

HOW TO DEAL WITH THE PROBLEM...

There are many things you can do to reduce the sale of harmful non-beverages and inhalants to people who are abusing these products.

Some Saskatoon retailers have already taken steps to address this problem. It may be useful to meet with other retailers in your neighborhood and here what they find most effective.

It is extremely important that you familiarize yourself and your staff with the products that are being abused. Whenever possible switch to products which are non-toxic.

Avoid problems by keeping products which can be abused behind the counter. This would reduce the possibility of unknowingly selling a product that may harm someone, and may also reduce theft.

Remember, you do have the right to refuse a sale.

If a customer appears intoxicated, service should be refused. The abuser may attempt to seek out another to make a purchase on their behalf. At times you may be verbally abused or physically threatened.

When solvent abusers are unable to obtain these products from your outlet, in time **the frequency of problems you may encounter will be reduced.**

Here are some points to remember when you are dealing with a customer who may be ***intoxicated.***

Remember that people use solvents for the same reason that others drink or use drugs. They are unable to cope with the pain in their lives.
Do treat your customer with respect. They may feel threatened by you raising your voice, making sudden movements or touching them. A person who is a chronic user or is under the influence may be volatile.
Be polite at the check-out. Take the item from the counter and place it out of reach while explaining you cannot serve the customer.
Tell the customer why you cannot serve him today and that he is welcome back.
Use repetitive statements such as "It's my job to carry out our store policy" or " I can not legally sell you this product."

You should call the police if you are unable to deal with the problem.

For your own protection, you may choose to document incidents. If you choose to take this step, include dates, times, product, and the reason it was refused.

Solvent Abuse Prevention Package Directed to Teachers

A United Way Member Agency

Friendship Inn
619-20th Street West
SASKATOON, SK
S7M 0X9
Phone: 242-5122 (306)
FAX: 242-1291 (306)

November 26, 1996

Brian Noonan
Superintendant
Catholic School Board
420-22nd Street East
Saskatoon, SK.
S7K 1X3

Dear Brian:

We appreciate your anticipated support in our efforts to increase awareness about the dangers of solvent abuse. This Solvent Abuse Prevention Project works on the premise that solvent abuse is a symptom of other problems and issues that must be responded to, in and by the community. We hope to engage the school systems as a vehicle to provide information to parents. We look forward to continued Catholic School Board involvement with the Saskatoon Solvent Abuse Prevention Committee, which meets on a monthly basis. Schools and their staff are key players in solvent abuse intervention and prevention.

Enclosed please find the information package about solvent abuse directed to teachers. We would like to provide as many teachers and resource staff as possible with this information. Please send us a list of the number packages required for each school in the inner city. To the outlying areas a few copies per school may be adequate. Please provide us with the name of the school and the numbers required for each so that we can label accordingly for delivery. We also ask that upon delivery of these information packages to the school board, the board in turn would disperse the same through your internal mail system.

Thank you for your support in this matter. I look forward to hearing from you.

Sincerely,

Alandra Taylor

THE PROBLEM...

Dear Teacher,

We are asking for your help with a serious problem.

The consumption of household products containing alcohol and other intoxicants are being abused either through ingestion or inhalation. This practice is extremely unsafe, and can start at a very young age. Children who use solvents can become extremely damaged or die. If a child is abusing solvents, in all likelihood they will become non-attendees at school. Kids who abuse solvents often move on to alcohol and other drugs. Therefore, prevention and early intervention are vitally important.

Often, when a child is abusing solvents, addictions are a problem in the child's family. Sometimes there are other issues in the family such as neglect or abuse. Perhaps the child is finding school difficult. Chronic solvent abuse is often about creating one's own world to escape the pain of life. These children may learn to abuse solvents from friends or at home. Sometimes children accidentally discover the mood altering effects of inhalants.

Aerosols and other products containing volatile chemicals (paint thinners, glues, lacquers and marking pens) can be inhaled and used as an intoxicant. Products that contain alcohol; such as hairspray, mouthwash and disinfectants are also abused. Many local merchants are currently responding appropriately to the increased abuse of solvents. Nevertheless, solvent abuse remains a very serious problem.

This information kit was adapted by one that was distributed to retailers in Winnipeg. It tells you about the problem, what the law says, signs to watch for, and how to deal with the problem. Please familiarize yourself with the information in this kit, and join in the effort to address this problem.

Act now. You can be part of the solution. With your help we can save a child's life.

More Facts About Solvent Abuse...

There are over 1400 legitimate products on the market today with the potential to be abused. When inhaled, these products cause hallucinations and changes in mood. The "high" is short-lived but can be devastating. These products were not meant to be inhaled. The fumes can irreversibly destroy brain cells, cause respiratory distress and other organ damage when used continuously. Inhalants can easily cause instant heart failure. Sudden Sniffing Death can occur during any sniffing episode. It is important that teachers do what they can to prevent or intervene in the use of solvents by children.

FREQUENTLY ABUSED PRODUCTS

- Glue
- Nail Polish Remover
- Gasoline
- Paint & Cleaning Fluids
- Paint Thinner
- Plastic Wood
- Permanent & Dry Erase Markers
- White out
- Butane

Inhalant abusers could be anyone...even a child in your classroom. Children who sniff may have stains on their nose, mouth, hands or clothing, smell of chemicals, have bloodshot eyes, dilated pupils, sores in or around the mouth or nose, cracked lips, chronic nosebleed, increase spitting/coughing or the smell of solvents on their person. A change in moods and behavior will be apparent. The abuse will effect attention and memory and school attendance will be sporadic. Often the child's focus will be on using again and a child may show behaviors such as fidgeting and tapping fingers on the desk. Still, it is important to recognize that some of these symptoms and behaviors may be caused by factors other than solvent abuse. In an intoxicated state an abuser may drool, have slurred speech, exhibit bizarre behavior or have a dazed or dizzy look.

If you suspect a child in your class is abusing solvents:

You and the school counselor might begin by increasing your involvement with the child. Once the use of solvents has begun, building trust may take even more time. If not already known gather information about the family. In some cases the family could also be abusing solvents. Social Services must be contacted when this is happening. The child may be using in solitude or with a group of others who sniff. It is important to remember that those who abuse solvents feel a sense of shame and guilt and will not likely want to disclose. When confronting an abuser, evidence strongly suggests it is important to clearly separate the person from the behaviour. The most important message for the abuser to hear is that you care about the person and you are concerned about their safety. Talking in third person about how others have been severely damaged may allow the child to listen rather than become defensive about their own behaviors. It is well documented that solvent abusers are very stubborn and difficult to deal with.

If at all possible, discuss your concerns with the parent(s).

IF A CHILD FROM IN YOUR CLASS IS HIGH, APPROACH WITH CAUTION. Inhaled products cause the user to become sensitive to the normal body chemical adrenaline and make reaction to an authority figure unpredictable. This may result in harm to the user (heart attack) or to you through a violent reaction.
Keep the child calm. Fresh air is usually the best medicine. It is important that parents, and perhaps Social Services are contacted. If the child is out of control or losing consciousness, call 911.

NOT INTENDED FOR HUMAN CONSUMPTION...

People have become seriously ill or have died from drinking household products containing alcohol (called non-beverage or non-potable alcohol) or inhaling products which are not intended for consumption. Hairspray, mouthwash, aftershave, rubbing alcohol, disinfectant, and Chinese cooking wine contain alcohol and are harmful to drink. Aerosol sprays, and volatile substances such as gasoline and paint thinner that are inhaled are extremely damaging to abusers.

Products containing non beverage alcohol contain many chemicals and other ingredients which makes consumption more harmful than drinking alcoholic beverages. The effects are nausea, vomiting, diarrhea, and seizures. Using them can lead to organ and nerve damage, heart attacks, strokes, and death. A number of people have died from drinking Chinese cooking wine and hairspray. These products are being used because they are inexpensive and easily obtained. Most vulnerable are children, youth and adults living in poverty.

FREQUENTLY ABUSED PRODUCTS

Lysol Spray	Chinese Cooking Wine
Hairspray	Rubbing Alcohol/Muscle Massage
Mouthwash	Aftershave

These products may contain as much as 95% alcohol.

WHAT THE LAW SAYS.....

There has been an alarming rise in the sales and abuse of household products containing high levels of alcohol and other psychoactive properties. There appears to be no specific regulations in place to legally address the use of non-beverage alcohol and solvents for the purpose of intoxication. In Saskatchewan Section 129 of the Alcohol and Gaming Regulations states that "No person shall be in an intoxicated condition in a public place or in a permitted premises."

In Manitoba changes have been made in the Manitoba Liquor Control Act, resulting in several court cases and convictions. Fines and/or prison terms are levied to individual users and fines are levied to corporations. Saskatchewan may need to work towards this kind of endorsement.

Legal sanctions are one way to address the problem, however solvent abuse prevention measures must be approached from numerous perspectives. Solvent abuse is a symptom of underlying social problems such as poverty, domestic violence, and racism.

SIGNS TO WATCH FOR...

Children who use inhalants tend to be living in poverty. Their clothes and hair are often disheveled. A peculiar odor will be apparent. School attendance may be sporadic and often becomes non existent. Signs of solvent abuse are often noticeable in the school yard. You may see chunks of cloth, cotton balls or mattress cotton , plastic bags and empty containers.

Solvents are obtained by children in a variety of ways. Sometimes solvents are provided for children by older friends or family members. Solvents are often available in small "easy to steal" containers. In Saskatoon, pedophiles sometimes provide children with solvents in exchange for sexual favors.

Inhalant abusers absorb products into a rag or mitten, or place them in a plastic bag. These products are then held in a clenched fist, and inhaled periodically. A casual observer may think that the child is coughing or keeping their face warm. Solvents are sometimes inhaled directly from the container.

A child who is using solvents may complain of headaches, or other health problems.

HOWTO DEAL WITH THE PROBLEM...

There are many things you can do to reduce the use of harmful non-beverages and inhalants by children. Some teachers in Saskatoon are already taking steps to address this problem. It may be useful to meet with other teachers to discuss your concerns and ways to address them.

It is extremely important that you are involved with your students and take note of changes in behavior. If you haven't already done so remove products that can be abused from your classroom, and approach your principal to have them removed from your school. If occasionally, there are no alternatives to toxic products, keep them locked up and away from the students.

If a student appears intoxicated, appropriate steps must be taken.

Here are some points to remember when you are dealing with a student who may be using solvents:

> Remember that people use solvents for the same reason that others drink or use drugs. They are unable to cope with the pain in their lives.
>
> Do treat your student with respect. They may feel threatened by you raising your voice, making sudden movements or touching them. A child who is under the influence may be very aggressive.
>
> Contact the student's parent(s) if you feel it is appropriate. Let the child and his(her) parents know that you are concerned for the child's well-being. Remember that some parents are unable to give the child what they need or teach them what they have not learned. Find out what the child and the parents know about the effects of solvents. Teach children and parents that most inhalants are hydrocarbons and that their purpose in life is to disolve other substances.
>
> Do encourage the parent(s) to seek support from outside resources. This is a difficult problem, and is not easily dealt with in isolation.
>
> Do contact Social Services if you have concerns about the child being abused or neglected.
> Should you deem it necessary to contact Social Services, be as specific as possible.

Solvent Abuse Prevention Package Directed to Health Care Professionals

THE PROBLEM...

Dear Health Professional,

We are asking for your help with a serious problem.

The consumption of household products containing alcohol and other intoxicants are being abused either through ingestion or inhalation. This practice is extremely unsafe, and can start at a very young age. Children who use solvents can become extremely damaged or die. If a child is abusing solvents, in all likelihood they will become non-attendees at school. Kids who abuse solvents often move on to alcohol and other drugs. Adults who use solvents often have children who are extremely damaged. Therefore, prevention and intervention are vitally important.

Often, when a child is abusing solvents, addictions are a problem in the child's family. Sometimes there are other issues in the family such as neglect or abuse. Perhaps the child is finding school difficult. Chronic solvent abuse is often about creating one's own world to escape the pain of life. These children may learn to abuse solvents from friends or at home. Sometimes children accidentally discover the mood altering effects of inhalants. Adults who use inhalants are most often chronically addicted and have been using since childhood. They are often a danger to themselves, their families, and others.

Aerosols and other products containing volatile chemicals (paint thinners, glues, lacquers and marking pens) can be inhaled and used as an intoxicant. Products that contain alcohol; such as hairspray, mouthwash and disinfectants are also abused. Many local merchants are currently responding appropriately to the increased abuse of solvents. Nevertheless, solvent abuse remains a very serious problem.

This information kit was adapted from one that was distributed to retailers in Winnipeg. It tells you about the problem, what the law says, signs to watch for, and how to deal with the problem. Please familiarize yourself with the information in this kit, and join in the effort to address this problem.

Act now. You can be part of the solution. With your help we can save a life.

MORE FACTS ABOUT SOLVENT ABUSE...

There are over 1400 legitimate products on the market today with the potential to be abused. When inhaled, these products cause hallucinations and changes in mood. The "high" is short-lived but can be devastating. These products were not meant to be inhaled. The fumes can irreversibly destroy brain cells, cause respiratory distress and other organ damage when used continuously. Inhalants can easily cause instant heart failure. Sudden Sniffing Death can occur during any sniffing episode. It is important that health professionals do what they can to prevent or intervene in the use of solvents.

FREQUENTLY ABUSED PRODUCTS

Glue
Nail Polish Remover
Gasoline
Paint & Cleaning Fluids
Paint Thinner
Plastic Wood
Permanent & Dry Erase Markers
White out
Butane

Inhalant abusers could be anyone...even a person under your care. People who sniff may have stains on their nose, mouth, hands or clothing, smell of chemicals, have bloodshot eyes, dilated pupils, sores in or around the mouth or nose, cracked lips, chronic nosebleed, increase spitting/coughing or the smell of solvents on their person. A change in moods and behavior will be apparent, when the person is intoxicated. The abuse will effect attention and memory and the ability to learn from their environment. Certainly these symptoms may be caused by factors other than solvent abuse as most abusers are living in poverty. In an intoxicated state an abuser may drool, have slurred speech, exhibit bizarre behavior or have a dazed or dizzy look.

If you suspect a child you work with is abusing solvents:

You might begin by increasing your involvement with the child. Once the use of solvents has begun, building trust may take a great deal of time. In some cases the family could also be abusing solvents. Social Services must be contacted when this is happening. The child may be using in solitude or with a group of others who sniff. It is important to remember that those who abuse solvents feel a sense of shame and guilt and will not likely want to disclose. When confronting an abuser, evidence strongly suggests it is important to clearly separate the person from the behavior. The most important message for the abuser to hear is that you care about the person and you are concerned about their safety. Talking in third person about how others have been severely damaged may allow the child to listen rather than become defensive about their own behaviors. It is well documented that solvent abusers are very stubborn and difficult to deal with. If you feel it is appropriate, discuss your concerns with the child's parent(s).

IF A PERSON IS HIGH ON SOLVENTS, APPROACH WITH CAUTION. Inhaled products cause the user to become sensitive to the normal body chemical adrenaline and make reaction to an authority figure unpredictable. This may result in harm to the user (heart attack) or to you through a violent reaction.
Keep the person calm. Fresh air is usually the best medicine. If the abuser is a child, it is important that parents, and perhaps Social Services are contacted.

NOT INTENDED FOR HUMAN CONSUMPTION...

People have become seriously ill or have died from drinking household products containing alcohol (called non-beverage or non-potable alcohol) or inhaling products which are not intended for consumption. Hairspray, mouthwash, aftershave, rubbing alcohol, disinfectant, and Chinese cooking wine contain alcohol and are harmful to drink. Aerosol sprays, and volatile substances such as gasoline and paint thinner that are inhaled are extremely damaging to abusers.

These products are being used because they are inexpensive and easily obtained. The people who are most vulnerable are children, youth and adults living in poverty.

Products containing non beverage alcohol contain many chemicals and other ingredients which makes consumption more harmful than drinking alcoholic beverages. The effects are nausea, vomiting, diarrhea, and seizures. Chronic use can lead to organ and nerve damage, heart attacks, strokes, and death. A number of people have died from drinking Chinese cooking wine and hairspray.

FREQUENTLY ABUSED PRODUCTS

- Lysol Spray
- Hairspray
- Mouthwash
- Chinese Cooking Wine
- Rubbing Alcohol/Muscle Massage
- Aftershave

These products may contain as much as 95% alcohol.

WHAT THE LAW SAYS...

There has been an alarming rise in the sales and abuse of household products containing high levels of alcohol and other psychoactive properties. There appears to be no specific regulations in place to legally address the use of non-beverage alcohol and solvents for the purpose of intoxication. In Saskatchewan Section 129 of the Alcohol and Gaming Regulations states that "No person shall be in an intoxicated condition in a public place or in a permitted premises."

In Manitoba changes have been made in the Manitoba Liquor Control Act, resulting in several court cases and convictions. Fines and/or prison terms are levied to individual users and fines are levied to corporations. Saskatchewan may need to work towards this kind of endorsement.

Legal sanctions are one way to address the problem, however solvent abuse prevention measures must be approached from numerous perspectives. Solvent abuse is a symptom of underlying social problems such as poverty, domestic violence, and racism to mention a few.

SIGNS TO WATCH FOR...

People who use inhalants tend to be living in poverty. Their clothes and hair are often disheveled. Through heavy and continued use solvent abusers become unable to look after themselves. A peculiar odor will be apparent. Children's school attendance may be sporadic and often becomes non existent. Signs of solvent abuse are often noticeable in the school yards and secluded areas. You may see chunks of cloth, cotton balls or mattress cotton, plastic bags and empty containers.

Solvents are obtained by children in a variety of ways. Sometimes solvents are provided for children by older friends or family members. Solvents are often available in small "easy to steal" containers. In Saskatoon, pedophiles sometimes provide children with solvents in exchange for sexual favors.

Inhalant abusers absorb products into a rag or mitten, or place them in a plastic bag. These products are then held in a clenched fist, and inhaled periodically. A casual observer may think that the abuser is coughing or keeping their face warm. Solvents are sometimes inhaled directly from the container.

People who use solvents as inhalants may complain of headaches, sore muscles and numerous other health problems that will include depression, mood swings and lethargy.

Chronic solvent abusers may present themselves as victims of violence, many live from crisis to crisis expressing an inability to cope.

HOW TO DEAL WITH THE PROBLEM...

There are many things you can do to reduce the use of harmful non-beverages and inhalants. Some health care professionals in Saskatoon are already taking steps to address this problem. It may be useful to meet with others to discuss your concerns and ways to address them.

Here are some points to remember when you are dealing with someone who may be using solvents:

> Remember that people use solvents for the same reason that others drink or use drugs. They are unable to cope with the pain in their lives.
>
> Do treat the abuser with respect. They may feel threatened by you raising your voice, making sudden movements or touching them. Chronic abusers are often stubborn and aggressive, and may be manipulative.
>
> If the abuser is a child, contact his/her parent(s) if you feel it is appropriate. Let the child and his(her) parents know that you are concerned for the child's well-being. Remember that some parents are unable to give the child what they need or teach them what they have not learned. Find out what the child and the parents know about the effects of solvents. Find out what the family circumstances may be and what supports are available to them. Teach children and parents that most inhalants are volatile hydrocarbons and that their purpose in life is to dissolve other substances.
>
> Do encourage the parent(s) to seek support from outside resources. This is a difficult problem, and is not easily dealt with in isolation.
>
> Do contact Social Services if you have concerns about the child being abused or neglected. Should you deem it necessary to contact Social Services, be as specific as possible.

Encourage non-drug therapies and holistic approaches to healing.

Advocate for treatment centers which are equipped to address solvent abusers' special needs.

Remember that this is a growing problem in this community. Only the community can address it.

Solvent Abuse Prevention Package Directed to Parents

THE PROBLEM...

Dear Parents:

We are asking for your help with a serious problem.

The consumption of household products containing alcohol and other intoxicants are being abused either through drinking or sniffing. This practice is extremely unsafe, and can start at a very young age. Children who use solvents can become extremely damaged or die. If a child is abusing solvents, in all likelihood they will be missing days at school and may become school dropouts. Kids who abuse solvents often move on to alcohol and other drugs that will further interfere with their development. Therefore, prevention and intervention are vitally important.

Often, when a child is abusing solvents, this is a sign of unmet needs. For some, perhaps addictions are a problem in the child's family. Sometimes there are other issues in the family such as neglect or abuse. Perhaps the child is finding school difficult. Chronic solvent abuse is often about creating one's own world to escape the pain of life. While it is known that children accidentally discover the mood altering effects of inhalants, many children have learned from others to abuse solvents. Sometimes they might try it because other kids tell them it is fun. Still, when the high goes away people usually feel very sick afterwards. What others don't tell them is that sniffing can be extremely addictive for some kids and it is very hard to quit. And they don't know that people have died from using inhalants. Adults who use inhalants are most often chronically addicted and have been using since childhood. They are often a danger to themselves, their families, and others.

Aerosols and other products containing volatile chemicals (paint thinners, glues, lacquers and marking pens) can be inhaled and used as an intoxicant. Products that contain alcohol and disinfectants are also abused (eg. hairspray, mouthwash). Many local merchants are currently responding appropriately to the increased abuse of solvents. Nevertheless, solvent abuse remains a very serious problem.

This information kit was adapted by one that was distributed to retailers in Winnipeg. It tells you about the problem, what the law says, signs to watch for, and how to deal with the problem. Please read the information in this kit, and join in the effort to address this problem.

Act now. You can be part of the solution. With your help we can save a life. As parents, it is our job to keep children safe.

MORE FACTS ABOUT SOLVENT ABUSE...

There are over 1400 legitimate products on the market today with the potential to be abused. When inhaled, these products cause hallucinations and changes in mood. The "high" is short-lived but can be devastating. These products were not meant to be inhaled. The fumes can irreversibly destroy brain cells, cause respiratory distress and other organ damage *when used continuously*. **Inhalants can easily cause instant heart failure. Sudden Sniffing Death can occur during any sniffing episode.** It is important that parents do what they can to prevent or intervene in the abuse of solvents.

FREQUENTLY ABUSED PRODUCTS

Glue
Nail Polish Remover
Gasoline
Paint & Cleaning Fluids
Paint Thinner
Plastic Wood
Permanent & Dry Erase Markers
White out
Butane

Inhalant abusers could be anyone...rich, poor, young or old. However, children, youth and adults living in poverty are at a greater risk.

SIGNS TO WATCH FOR...

People who use inhalants tend to feel hopeless. Through heavy and continued use, solvent abusers become unable to look after themselves. Their clothes and hair are often untidy. A peculiar odour will be apparent. Children will begin to miss school and may become drop outs. Signs of solvent abuse are often noticeable in the school yards and secluded areas. You may see chunks of cloth, cotton balls or mattress cotton, plastic bags and empty containers.

Solvents are obtained by children in a variety of ways. Solvents can be found right in our own homes and are often available in small "easy to steal" containers. Sometimes, solvents are provided for children by others. In Saskatoon, pedophiles sometimes provide children with solvents in exchange for sexual favours. Also, there are people who bootleg "sniff".

Inhalant abusers absorb products into a rag or mitten, or place them in a plastic bag. These products are then held in a clenched fist, and inhaled periodically. A casual observer may think that the abuser is coughing or keeping their face or hands warm. Solvents are sometimes inhaled directly from the container.

People who use solvents as inhalants may complain of headaches, sore muscles and numerous other health problems that will include depression, mood swings and low energy. Kids may start to hang out with a different crowd, in different places. Teens will want to stay out all night and sleep all day.

People who sniff may have stains on their nose, mouth, hands or clothing, smell of chemicals, have bloodshot eyes, dilated pupils, sores in or around the mouth or nose, cracked lips, chronic nosebleed, increase spitting/coughing or the smell of solvents on their body. A change in moods and behaviour will be apparent, when the person is high. The abuse will effect attention and memory and the ability to learn. It is important to remember that these signs and symptoms may have other causes. However, if a child you know shows one or more of these symptoms it is a cause for concern. When high an abuser may drool, have slurred speech, exhibit bizarre behaviour or have a dazed or dizzy look. The solvent abuser's behaviours will become unmanageable and extremely disruptive in the home.

IF YOU HAVE TO DEAL WITH SOMEONE HIGH ON SOLVENTS, STAY CALM AND APPROACH CAUTIOUSLY

Inhaled products cause the user to become sensitive to the normal body chemical adrenaline, users may act out in anger towards an authority figure. This may result in harm to the user (heart attack) or to you through a violent reaction. **Keep the person calm. Keep the lights low and the room quiet and give the person plenty of fresh air. Turn the person on their side to avoid choking on their vomit. If they become unconscious call 911.**

NON-BEVERAGE ALCOHOL IS NOT FOR HUMAN CONSUMPTION...

People have become seriously ill or have died from drinking household products containing alcohol (called non-beverage or non-potable alcohol) or inhaling products which are harmful when put into the body. Hairspray, mouthwash, aftershave, rubbing alcohol, disinfectant, and Chinese cooking wine contain alcohol and are harmful to drink. Aerosol sprays, and volatile substances such as gasoline and paint thinner that are inhaled are extremely damaging to abusers.

These products are being used because they are inexpensive and easily obtained. The people who are most vulnerable are children, youth and adults living in poverty.

Products containing non beverage alcohol contain many chemicals and other ingredients which makes consumption more harmful than drinking alcoholic beverages. The effects are nausea, vomiting, diarrhea, and seizures. Long term use can lead to organ and nerve damage, heart attacks, strokes, and death. A number of people have died from drinking Chinese cooking wine and hairspray.

FREQUENTLY ABUSED PRODUCTS

Lysol Spray
Hairspray
Mouthwash
Chinese Cooking Wine
Rubbing Alcohol/Muscle Massage
Aftershave

WHAT THE LAW SAYS...

There has been an alarming rise in the sales and abuse of household products containing high levels of alcohol and other psychoactive properties. There appears to be no specific regulations in place to legally address the use of non-beverage alcohol and solvents for the purpose of intoxication. In Saskatchewan Section 129 of the Alcohol and Gaming Regulations states that "No person shall be in an intoxicated condition in a public place or in a permitted premises."

In Manitoba changes have been made in the Manitoba Liquor Control Act, resulting in several court cases and convictions. Fines and/or prison terms are levied to individual users and fines are levied to corporations. Saskatchewan may need to work towards this kind of endorsement.

Legal sanctions are one way to address the problem, however solvent abuse prevention measures must be approached from numerous perspectives. Solvent abuse is a symptom of underlying social problems such as poverty, domestic violence, and racism to mention a few.

HOW TO DEAL WITH THE PROBLEM...

There are many things you can do to reduce the use of harmful non-beverages and inhalants. Some parents in Saskatoon are already taking steps to address this problem. It may be useful to meet with others to discuss your concerns and ways to handle them.

If you suspect that a child in your home, neighbourhood or community is abusing solvents:
You might begin by increasing your involvement with the child. Once the use of solvents has begun, however, building trust may take a great deal of time. The child/teen may be using alone or with a group of others who sniff. It is important to remember that those who abuse solvents feel a sense of shame and guilt and will not likely want to talk about it. When talking to an abuser, evidence strongly suggests it is important to clearly separate the person from the behaviour. If you suspect that your own child is using it is important to speak calmly without any signs of anger. The most important message for the abuser to hear is that you care about the person and you are concerned about their safety. Talking about how others have been severely damaged may allow the child to listen rather than become defensive about their own behaviours. It is well known that solvent abusers are very stubborn and difficult to deal with.

INTERVENTION AT THE COMMUNITY LEVEL

If the abuser is a child, contact his/her parent(s) if you feel it is appropriate. Let the child and his(her) parents know that you are concerned for the child's well-being. Remember that some parents are unable to give the child what they need or teach them what they have not learned. Find out what the child and the parents know about the effects of solvents. Find out what the family circumstances may be and what supports are available to them. Parents and children need to know that most inhalants are volatile hydrocarbons and that their purpose in life is to dissolve other substances.

Do encourage the parent(s) to seek support from outside resources. This is a difficult problem, and is not easily dealt with in isolation.

Do contact Social Services if you have concerns about a child that is being abused or neglected. Should you deem it necessary to contact Social Services, be as specific as possible.

Encourage non-drug therapies and holistic approaches to healing.

Advocate for treatment centres which are equipped to address solvent abusers' special needs.

Remember that people use solvents for the same reason that others drink or use drugs. They are unable to cope with the pain in their lives.

PREVENTION AT THE COMMUNITY LEVEL

Teach children that petroleum products and solvents are extremely damaging to the body. Teach them that solvents dissolve things.

Become more involved in your community-for example participate with the child's school.

Take part in activities with your child or youth.

Teach your children social coping skills such as problem solving, communication skills and anger management.

To enhance your ability to teach these skills take parenting classes.

Know where your children are at all times and who they are with.

Teach children cultural and spiritual values to live by.

Solvent abuse is a growing problem in this community. Only the community can address it.

Solvent Abuse Informational Workshops

Solvent abuse informational workshops were given to several groups of nursing students, participants of the Pihkohowin Solvent Abuse Prevention Project, at the annual Provincial Community School Association Conference and at local churches and service clubs.

Pihkohowin Project

Module # 1, January 9, 1997.

Topic: Solvent Abuse Prevention and Community Development- "Be a Prevention Player"

Presenter: Alandra Taylor, Solvent Abuse Prevention Coordinator, Saskatoon Friendship Inn

Topic Outline:

1) The Importance of Prevention - The group will learn about the importance of prevention through past accounts of intervention, treatment and relapse.

2) Successes and Barriers - The group will be given an account of the successes and barriers documented by the Saskatoon Friendship Inn Solvent Abuse Prevention Project and shown how this can be applied to further expand prevention efforts through community development. Further, the importance of what they are now learning will be stressed and compared to the barriers noted by inner city residence and the coordinators of the Friendship Inn project. The group will have a greater awareness of their Individual roles as **key** "prevention players".

3) Inhalant Abuse - An Issue of Community Responsibility The group will learn why inhalant abuse is a responsibility of the individual and the community. Both rights and responsibilities will be discussed. This will be further explained through the concept of the Medicine Wheel and the cycles of community.

4)Shared Values- The group will be shown the shared values of communities in conflict and common using the teachings of the Medicine Wheel. Values will be discussed in the context of both personal values and cultural values showing that there can be unity and strength in diversity.

Outline continued......

5) Inhalant Abuse-An Issue of Individual Safety Individuals in the group will learn an interesting concept that explains why some people sniff. This concept will explain that all behaviours are chosen and will further explain how we make choices. The individuals will be exposed to the concept that all behaviours are purposeful and then explore why we make the choices we do. The basic premise is founded in the concept of safety as a survival need.

6) The Payoffs of Being a Prevention Player - A list of what you will likely get when say "yes" to sniffing contrasted against what you will likely get if you say "yes" to healthy choices.

7)Basic Needs, Values and self-restitution - In the final session the group will learn about meeting their five basic needs, have an opportunity to explore their personal beliefs and values, learn the art of self-restitution and find a better way to meet their needs.

The Importance of Prevention

- Gateway drug
- Very addictive
- Hinders personal development
- High human and social cost
- Perpetuates poverty, crime, abuse
- High suicide rate
- Need for awareness - advocacy

Friendship Inn Solvent Abuse Prevention Project

Barriers

- Crisis
- Faulty belief system
- Emotional & Skill development
- Education & employment opportunity
- Birth defects

Successes

- Vision
- Planting seeds

An Issue of Community Responsibility

- Rights of the individual
- Rights of the community
- Responsibilities of the individual
- Responsibilities of the community
- Cycles of communities
- Communities in conflict
- Communities in common

Shared Values

- Cultural values-teachings of the Medicine Wheel
- Universal values
- Personal values

Sniffing - a Matter of Safety?

Survival

↕

Safety

↕

Sniffing

How do we make choices ?

Payoffs for Prevention Players

What do you get when you ....

- Say yes to sniffing?

What can you get when you ....

- Say yes to a healthier lifestyle?

Basic Needs, Values & Self-Restitution

basic survival - food, shelter, etc.

psychological survival - love & belonging, achievement, fun, freedom

From the want to the need

Values filter

How good do we have to be?

Guilt & shame

Take control chart

Total behavior

Solvent Abuse Prevention Workshop Evaluation

1. Did this information help you to better understand the importance of solvent abuse prevention?

Yes No

2. As a result of this workshop do you feel a greater commitment to solvent abuse prevention?

Yes No

3. What information did you find most helpful?

4. What information was not helpful?

5. What would you add or change to this presentation?

6. Other comments you wish to add:

7. On a scale of 1 to 5, please rate today's presentation

0 - Poor 1 - Fair 2 - Not bad 3 -Good 4 -VERY Good 5 - Great!!!

SOLVENT ABUSE PREVENTION

Why prevention ?

What does prevention look like?

Is prevention enough?

Who can do this prevention work ?

Why prevention ?

Statistics

History

How long does it take ?

What does prevention look like?

The drowning child

Creating the conditions

What do we believe

Presentation to Siast Nursing Students September 25, 1996

When and Why the Project Started:

The project officially began in early February of 1994 and has continued into the second year. Initially the project was funded through three levels of government. In truth the program had its real beginnings in 1993. The family worker at that time was dealing with an increase in the number of clients who were abusing solvents. Deterioration was apparent among the chronic abuser who did frequent the Inn at that time. Over a short period of time the family worker had two female clients very distraught over the loss of their babies. Solvent abusers often are unable to carry their babies to full term or they may die shortly after birth. Babies born to chronic solvent abusers may go into withdrawal soon after birth. Those who do survive are most likely to have a syndrome similar to fetal alcohol syndrome. The fetal solvent effects will make life more challenging for the children of chronic solvent abusers especially during school years. Birth weights are generally lower and development will be delayed. Most chronic solvent abusers will not be able to care for their babies and these children end up in care.

Recognizing the increase in solvent abuse, it was important to prepare staff members to better cope with the problem. Staff training included CPR, First Aid and PART training. Workshops for staff included sessions with the Police Dept., MD Ambulance, Dept. of Health and Addiction services. All workshops were intended to educate the staff and encourage consistency when dealing with solvent abusers. The behaviours of solvent abusers are often unpredictable and the safety of staff members was a concern.

At that time I had been accepted as a practicum student at Friendship Inn. I was completing my Alcohol and Chemical Dependency Studies Certificate Program through the University of Regina.

The Goal of the Project

The goal of the project is to increase awareness of the extreme dangers and high social costs resulting from solvent abuse. Further it is expected that increased awareness will result in a reduction of solvent abuse.

Objectives

To achieve these goals the project focuses in 8 different areas. Some areas more extensively than others. For example youth, families and schools are primary areas of focus. Other areas include the police and RCMP, agencies (service providers)such as Social Services, Family Support Centre, the medical community, retailers, solvent abusers and reserves.

Youth

For the youth we focus on positive group activities. We encourage positive skill building and relationship building in an atmosphere of fun. A structured learning environment or school like atmosphere does not encourage kids to participate. Programming centres around all school breaks ie. summer vacation, Easter and Xmas breaks. On weekends the kids can participate in art classes and swim at the Y. Many of the activities take place at the Inn as transportation is a problem. Throughout the year there are also many seasonal activities such as wiener roasts and river boat rides, sleigh rides as well as bowling and roller skating. During the school year kids have opportunity to partake in art, crafts, drama and cooking. The food for these kids is always a big draw.

Families

Each week a group called the Toli-Hearts meets to discuss and plan ways they can work in and for their own inner city community. Here they have an opportunity to express their concerns and make change with a great deal of support and guidance from project staff. This group might focus on things like a neighbourhood watch program or the need for a bookmobile for the inner city. Big Brothers and Big Sisters have been involved with our project. Some of the women involved have become very active in the community. They have become involved in communities for children, children at risk, aboriginal healing initiatives. One exciting event that comes to mind is the groups desire to participate in an annual art show where women can express the views through art. These women have asked for an opportunity to express the native women's views on violence.

Another weekly event is the women's Talking circle. Women meet each week to share their individual concerns and support each other as they heal from past injustices. Overall we see these women learn new skills and move towards better problem solving with greater confidence and self-esteem. For a time the women did host the circle in each others homes. Presently we are using the facilities of other agencies which works to familiarize the women with services available in the community.

Highlights: The annual women's retreat
The annual memorial feast
Women and Violence Art Show
The Family Camp

PROMOTION/PUBLICITY

Initially the Toli-Heart group divided into groups , one being publicity and education.
The Toli-Heart Pamphlet
The education pamphlet.
The Toli-heart pamphlet was distributed to approximately 1400 families

The education pamphlet was distributed to 150 retailers
5/6 inner city schools were contacted and presented with information packages about solvent abuse during a session with community coordinators and principals from these schools
Attendance at inter- agency meetings at Princess Alexandra school
Many contacts have been made through contacting agencies for services for youth ie. Red Cross, Lazer Swim Club, Aboriginal Sports Camp, Leadership Camps.

ACTIVITIES

Provincial Solvent Abuse Prevention Project
FSIN Solvent Abuse Committee (protocol& curriculum)
Children's activities
Toli-Hearts - REGULAR WORKSHOPS
Women's talking circle
Memorial Feast
Family Camp
Womens Retreat
Retailers Survey- Medical Journal
The Net
Information pamphlet
solvent abuse prevention committee
Correction Center Project

WEEKLY VIDEOS

Presentations at the correctional center, social services, schools, healthy mother, healthy baby, east side community clinic, Friendship Inn, Retailers workshop

INCIDENCE REPORTS

Harry
Percy
Charlene

SOLVENTS USED

List of solvents and effects

AGENDA

1Why/when the Friendship Inn Solvent Abuse Prevention Project began

2. Goals and objectives

3. Promotion/publicity - awareness of services

4. Activities of the project

5. Incidence reports

6. Types of solvents abused

Published Survey Results

CANADIAN SOCIETY OF FORENSIC SCIENCE **LA SOCIETE CANADIENNE DES SCIENCES JUDICIAIRES**

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28 February 1997

K.W. Hindmarsh, Ph.D., FPH
Dean, Faculty of Pharmacy
The University of Manitoba
Winnipeg, Manitoba R3T 2N2

Dear Dr. Hindmarsh,

Reference: "Solvent Abuse - Changes in Attitudes and Knowledge

We are pleased to advise that the revision of the above referred paper has been accepted for publication and will appear in Volume 30, No. 1, the March 1997 issue of the Canadian Society of Forensic Science Journal.

Many thanks for your interest in and contribution to the Journal.

Sincerely,

F Monti
for Brian T. Hodgson
Editor
Canadian Society of Forensic Science Journal

Enclosure: Reprints/Notice

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SOLVENT ABUSE - CHANGES IN ATTITUDES AND KNOWLEDGE?

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ABSTRACT:

In the late 1970's, solvent abuse was considered a problem in Canada. The problem still exists today and is prevalent in various parts of the country, including Western Canada. Since products with abuse potential are available in retail outlets, a survey of retailers was conducted in 1979 to determine the extent of the retailers awareness and perceived responsibilities. A 1996 study was undertaken to determine if there were any changes in knowledge and attitudes among the retailers in one of the communities previously surveyed. The study utilized 59 retail outlets. Retailers were found to be better informed and, like the general public, were found to be concerned the problem has not decreased. Many felt a need for stringent guidelines and support in regulating the sale of the abused products.

A News Release from the Addiction Research Foundation (Toronto) on November 2, 1995 reports significant increases in the number of students who are either using or experimenting with a broad range of drugs (1). Cannabis use increased in the student population from 12.7 to 22.7 per cent between 1993 and 1995, representing the highest rate of use since 1983. Use of hallucinogens other than LSD and PCP increased to 7.6%, the highest level ever reported. Methamphetamine use rose to 4.6%, also the highest reported level since the late 1970s (1). Glue sniffing rose from 1.6% to 2.4% in 1993 (2). In the United States, inhalant use has also increased - by 6.8% in Junior High students and 8.7% in Senior High students between '93-94 and '94-95(2).

In 1979, the Promotions and Prevention Directorate of Health and Welfare Canada provided funds to determine the extent of solvent and aerosol abuse in Western Canada. Part of the requirement was to determine the knowledge of retailers who stock the products having potential for abuse. The purpose of the present study was to conduct a survey of the retailers in one of the communities previously surveyed (1979) and to determine if knowledge and attitudes had changed since the earlier study (3). Because there was public concern expressed by focus groups within Saskatoon, it seemed appropriate to re-survey this city. The city has increased slightly in population since 1979, otherwise the demographics are similar. For the present study the number of pharmacies was significantly decreased (24% vs 50% in 1979) and Service Stations (garages) were added to the list of contacts. In fact, Service Stations and Grocery store/Confectionaries accounted for 55.2% of the respondents.

METHODOLOGY

Questionnaires were distributed to fifty-nine retailers, randomly selected from a list of pharmacies, hardware, general merchandise stores, hobby shops, grocery stores/confectionaries, and service stations. After a 2-3 day interval the questionnaires were collected. Comments and questions, by the retailers, were then discussed and recorded.

The questionnaire was similar to that used in 1979 (3). In summary, the response to the questions provided the evaluator with information on the methods and reasons for solvent abuse; the products abused; the toxic effects believed to be caused by solvent abuse, such as emotional, mental and physical changes; and whether (or not) solvent abusers advance to other drug use. From the questionnaire it was also possible to determine whether the retailers felt they had an obligation to inform the public of the dangers of the products.

RESULTS AND DISCUSSION

Eighty two percent of the retailers surveyed indicated a solvent abuse problem existed in their area. Both retailers from the east and west side of the city participated. Ninety percent of the east side (which is considered to be an upper middle class area) were aware of solvent abuse, while 74% of west side reported an awareness. The west side of the city includes the inner city core group of residents and is the part of the city where focus groups were meeting to develop preventive measures to decrease solvent abuse. Awareness has increased from that in 1979 when only 1979 when 66% indicated a problem existed. While the primary method of use was believed to be by inhalation (73% vs 79% in 1979), 44% (30% in 1979) indicated oral ingestion was also a method of administration. Twelve percent of those surveyed did not know how solvents were abused (down from 18% in 1979).

The majority of respondents believed solvent abuse begins at a young age. Most retailers indicated that solvent abuse starts at a younger age then previously reported[2]. Fifty percent indicated between 5 and 12 years of age. In 1979, 40% believed the majority of individuals abusing solvents were in the 10-15 year age groups and 31% believed the age group to be between 15 and 20 years of age.

Contributing factors to solvent abuse, according to the retailers surveyed were: (i) the inexpensiveness of the products (68%); (ii) the ease of availability (66%); (iii) a quick drunk and for mood elevations (59%) and; (iv) peer group pressure (51%). In 1979, a quick drunk was considered by only 49%, mood elevation by only 26% and peer group pressure was only considered of importance by 34%. The main reason for solvent abuse is indeed a major complex issue. Peer pressure is obviously an important factor and would have to be considered as a contributing factor for some individuals.

The products believed to be abused were numerous. Those products for which greater than 50% of the retailers indicated an abuse problem were: model airplane glue (83%), lysol spray (73%), hair sprays (71%), aerosols (71%), paint thinners (64%), rubbing alcohol (63%), contact cement (63%), gasoline (56%), lacquers (56%), and nail polish removers (56%).

Forty one percent of the retailers were not aware of the ingredients contained in the products they sold. This percentage is an improvement from those who did not know in 1979 (66.7%). Methyl alcohol, isopropyl alcohol, acetone and other ketones were the most frequently reported solvents. Toluene was recognized by only 11% even though it is considered one of the preferred solvents for inhalation (4). This is however an improvement from that reported in the earlier study. At that time, only pharmacists were aware of toluene while the other retailers reported 0% for toluene.

As in the previous study, most retailers (85%) believe permanent or physical damage can occur. Almost twice as many retailers predict that brain and nervous system damage can occur (an increase from 32% to 85%). Twice as many predict liver (31% vs 63%) and lung problems (32% vs 64%). There appears to be a better understanding of the health effects resulting from this type of abuse. Damage to the liver, kidney, brain, nervous system, lung, heart, blood formation mechanisms, the eye and muscles have all been reported as medical problems associated with solvent abuse.

The retailers in this survey were also aware of the emotional, mental or physical effects of solvent use. The most frequently reported signs and symptoms were slurring of speech, violence, aggression, instability in walking, depression, reddened eyes, and deterioration in work habits. This list of signs and symptoms did not differ from the 1979 study.

The possibility of tolerance developing with solvent use was reported by approximately two-thirds of those participating in this survey (64%). This was identical to that reported in 1979. Tolerance does develop with the chronic use of solvents. Furthermore, most felt solvent abuse would lead to other drug use, not only alcohol but marijuana, narcotics, stimulants, barbiturates, other sedatives and hallucinogens. There are no controlled studies suggesting that solvents are `gateway' substances. The peer group phenomenon might be considered as a reason for retailers believing that solvent abuse will lead to other types of abuse.

Sixty-four percent (compared to 66% in 1979) of the retailers surveyed indicated that we need to inform the public of the dangers and 61% (compared to 38% in the earlier study) thought legislation was needed to control the sale of these products. However, a certain degree of frustration was expressed. For example, why should retailers bear primary responsibility? Parents also have some responsibility. Retailers feel they could be sued for discrimination if they do not sell the products to certain individuals. They felt clear rules needed to be developed for reasons for refusal. They also indicated we have known about this problem for some time and yet there is little being done to force reformulation and restriction of abused products. Some indicated that identification should be required and that signing a register, although inconvenient, may possibly decrease abuse.

CONCLUSIONS:

The present study does indicate that knowledge and attitudes of retailers has changed. They are now better informed than indicated in 1979. Service Station attendants accounted for a high percentage of participants in this study which was a new group of retailers from that of 1979. In some parts of the city 90% of the respondents indicated there is a solvent abuse problem.~~in their part of the city~~. More participants (44%) recognized oral ingestion as a mode of abuse. This could be due to their knowledge of products such as rubbing alcohol, or using the oral route for such things as butane abuse. The age of solvent abusers appears to be decreasing, at least in this particular city. More retailers know the solvents contained in the products they sell (60% vs 33% in 1979). More indicated solvents have detrimental effects on the brain and the nervous system (85% vs 32%) and on the liver and lung (two times that reported in 1979).

Retailers, like members of the general public, are concerned the problem has not decreased; in fact, the abuse appears to be increasing. Many of the retailers would like to see some support in their efforts to decrease abuse. It may be time to dialogue with government officials to determine what support they might be able to provide these retail outlets. It is also evident toxicologists should not neglect the topic of solvents when discussing abuse problems.

ACKNOWLEDGEMENTS:

The authors acknowledge the financial support of Health Canada, Health Programs Support Division (contract number HQ-95/96-015-ND) and the participation of the staff of the retail outlets contacted for their willingness to participate.

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CANADA DRUG STRATEGY 1996-97 REPORT FOR MARCH 31, 1997
"SASKATOON SOLVENT ABUSE PREVENTION PROJECT"

Objectives:

To increase the awareness of solvent abuse in Saskatoon
To reduce the incidence of solvent abuse in the inner city of Saskatoon

A. Status of the Project:

Overall the project activities as outlined in the workplan are completed or in process. The highlight for this quarter is the success of the Saskatoon Solvent Abuse Prevention Committee. An even greater success has been the Solvent Abuse Awareness Week, March 16 to 23 and the press conference.

B. Activities Against the Work Plan to Date - Planning Phase Activities Continuation:

INFORMATION PACKAGES

"Solvent Abuse - A Community Problem Seeking a Community Solution"
The distribution of the information packages continues. Project coordinators would like to design a package directed to the human service sectors in the 1997/1998 project.

The Separate School Board has responded to a request to distribute the packages. This information has now been distributed to each school in the Separate system, with the bulk of the packages going to staff in inner city schools. One high school requested and received a number of packages as well.

A member of the Saskatoon Police Service is now distributing information packages to retailers that he believes to be selling solvents which are being abused.

Numerous educators and service providers from Saskatoon and around the province have also received the information packages.

As awareness continues to increase there is a greater number of requests for the packages and other materials and information.

SOLVENT ABUSE COMMITTEE

The Saskatoon Solvent Abuse Prevention Committee now corresponds with approximately one hundred and ten interested individuals and agencies. Sub committees have been formed, and three of the committees are extremely active at the present time. The Response Team Committee will be asked to implement a city wide protocol in response to solvent abuse. A school protocol will also be pursued.

This committee has been formed with the intent that it will eventually be "owned' by its' members, yet directed by this project. One goal for this committee is for members to identify concerns and form sub committees that will address facets of the problem. Another goal is to provide continuing information about the extent of the problem, and to focus on changes that can be made in the community.

Overall there appears to be a willingness on the part of retailers, police, and service agencies to work together on this serious problem.

The high degree of interest in this committee is in part reflective of the increased awareness over the past year and a half which also drew attention to the impact of solvent abuse on the community of Saskatoon.

Solvent Abuse Awareness Week

Press Conference-

A press conference was held prior to the awareness week. Conference delegates included representation from Addiction Services, Larson House Detox Centre, St. Paul's Hospital, Social Services, Saskatoon Police Service, M.D. .Ambulance Service, Saskatoon Fire Dept., Aboriginal Health and Community Development and a local retail outlet, J & H Lumber Warehouse. All participants supported this project and the need to address solvent abuse and continue with strong prevention and intervention measures.

Solvent abuse awareness week was initiated for March 16 to 22 with the following events.
Banner - A banner was hung in city hall for the week.
Poster Contest - Events included a poster contest for core city youth, the contest being judged by the Chief of Police.
Home Inspection - Core city youth also participated in an activity that involved their home and family. Children, with the support of the schools took home pamphlets describing the products that are harmful and those with potential for abuse. Alternative environmentally safe products were noted in the pamphlet. Parents were asked to sign forms indicating an inspection of the home for toxic products. A family size pizza was drawn for as an incentive to return the forms.
Mall display - Each day an information table was set up with a display, information pamphlets, and videos. Throughout the day volunteers were stationed at the tables to offer information. Approximately thirty staff from Saskatchewan Social Services volunteered, as did a number of Saskatoon Police Service employees. In total 46 volunteers supported the awareness week in the Saskatoon malls.
Pamphlets - 28,000 pamphlets were distributed through various retail outlets and over 1,600 through core city schools during the awareness week.
T-shirts - 58 t- shirts were printed using the Pihkohowin logo in front and solvent abuse awareness week March 16-22 on the back. Volunteers and staff wore the shirts throughout the week.

Solvent Abuse Awareness Week Results

A great deal of media coverage was initiated by preparing the media for solvent abuse awareness week through press releases, public service announcements (PSA's) and editorials. Schools provided an avenue for information to parents. Numerous phone calls have been initiated in response to the awareness week with more individuals asking to become involved with the solvent abuse committee. The press responded to Solvent Abuse Awareness Week with radio interviews, newspaper articles, and a great deal of television coverage. There is an expectation from the community of Saskatoon that this project must continue.

1) Community Families and Individuals

(Parents and concerned individuals have responded to their concerns about solvent abuse through active participation in the "Toli-Heart" Solvent Abuse Prevention Support Group).

Community support group -"Toli-Hearts"

Involvement of Families - Family members who attend the weekly Toli-Heart meetings work to plan and prepare for youth, family and cultural activities. A number of families have been more involved with their children through these activities. Our events will run only when we have adequate volunteers (5 to 1 ratio), thus far all events have been well attended by parents. Parenting information that has been written by group members will be compiled in a book that will be made available to interested parents.
Sniff for Sex - when two local men were charged with exchanging sniff for sex with a minor the media approached project staff asking how this story affected the core community. Media were directed to women involved in the support group so that they could speak to this issue themselves. A number of former solvent abusers are now attending Toli Hearts meetings. It may be necessary to hold a two part meeting. Half the meeting could be more community centred, the other half centred on healing. Former solvent abusers seem reluctant to participate in Twelve Step meetings, or attend other healing groups available to them. Former solvent abusers often find it challenging to attend meetings or appointments regularly. Five are now attending the group on a regular basis.

Women's Circle - The women continue to meet on a weekly basis. Many of the women that have been involved with this circle have gone on to become leaders in the core area community.

Protective Behaviour Workshop - As a result of increased awareness due to solvent abuse awareness week our community is now more fully aware of the need for this type of workshop. The solvent abuse prevention committee will be the venue of choice to initiate consistent and safe boundaries for core area children and youth.

2)Community Agencies:

Numerous agencies continue to be supportive of this project. More agencies use the resources available through this project. Information packages continue to be dispersed through agency participation.

Addiction Services - The General Manager of Addiction Services gave this project's community based prevention efforts noteworthy support at the recent press conference. At a recent meeting he also discussed and supported the need to flag solvent related cases through hospital admissions. The medical profession spoke clearly at the press conference to the extent and severity of the solvent abuse problem in this city. It is likely that the need to flag solvent abuse cases will soon be acted upon.

Corrections Centre - Working closely with the Correction's off-reserve solvent abuse prevention project (Pihkohowin) proved to be extremely beneficial for both projects and the individuals involved. Project staff facilitated at the Pihkohowin project for one and one-half day workshops. Friendship Inn hosted practicum students from the Pihkohowin project. The practicum students staged a puppet show for approximately sixty children and youth. They also held a solvent abuse information workshop for an audience of thirty. The Community Chaplain(coordinator of the Pihkohowin project) and Friendship Inn coordinators hope to work together to provide follow up support for the Pihkohowin project.

City of Saskatoon Aboriginal Recreational Advisory Committee, Child Hunger and Education, Boys and Girls Club, Saskatoon Downtown Youth Centre - Friendship Inn staff remain actively involved with these committees and agencies as either members or board members. All of these organizations are working towards providing services and programs to address the needs of inner city youth and children.

Family Support Centre - This Centre has not as yet attended solvent abuse committee meetings but has been kept on the mailing list. As a result of a recent presentation on solvent abuse and the overall affect of solvent abuse awareness week it is expected that there will be future involvement.

Social Services - A large number of their client base suffer from chronic addictions including solvents. Staff members look to this project for information. A future goal is to encourage greater involvement establishing an effective response team and more attention to prevention and early intervention. The recent committee formation has encouraged a much greater interest in this area. Over 30 staff members from Saskatoon Social Services participated at information tables in local malls during Solvent Abuse Awareness Week. This would not have been possible without the formation of the solvent abuse prevention committee. Many social workers have increased their awareness of solvent abuse by their exposure to information while they staffed mall tables. Social Service probation workers have referred people to our programming. Social Services has been willing to fund transportation and childcare costs for their clients who are attending Friendship Inn's programs. Social services was represented at the press conference kicking off solvent abuse prevention week.

Communities for Children - The focus of this organization is to enhance the lives of all children in this community. There is a large focus on equality and aboriginal children. The director of Friendship Inn is a member. This membership combined with the awareness of the precursors for solvent abuse galvanize this organization's commitment to the needs of children, youth and families living in the core area of Saskatoon.

Leisure Services - This agency is now funding a swim program that is co-coordinated by the Friendship Inn. An average of 30 children and youth attend each Sunday morning. This activity involves parents from the area as positive role model volunteers. Funding has been available for children's programming between April 1996 and April 1997. Friendship Inn has recently applied for funding for 1997 to 1998 from Leisure Services for children's activities.

Aboriginal and Métis Court Workers - This agency provides active membership on the Solvent Abuse Prevention Committee.

Saskatoon Red Cross - This agency remains very supportive towards our project and continues to look for opportunities to provide services to families and youth that require the services of Friendship Inn.

F.S.I.N.

The Friendship Inn Solvent Abuse Project established a Solvent Abuse Prevention Committee this past October similar to the former F.S.I.N. committee. This committee has been attended by the F.S.I.N. Regional Solvent Abuse Coordinator as well as the Healing Initiative programmer. It is hopeful that this organization will take leadership with the cultural aspects for this committee.

3) **Medical Community:**

Community Health Unit, Native Diabetes Research Foundation and Healthy Mother Healthy Baby - These agencies continue to share an interest in solvent abuse prevention and are as involved with this project as time permits.

Westside Community Clinic - Friendship Inn staff maintain a good working relationship with Westside Clinic. There is committed membership from the both the main clinic and the west side clinic to the Solvent Abuse Prevention Committee.

Manitoba Pharmaceutical Association(Winnipeg Non-Potable Committee) - Correspondence between the Winnipeg Non-Potable Committee and the Saskatoon Committee consists of a sharing of meeting minutes and an open invitation for discussion .

Dr. Wayne Hindmarsh Professor of Pharmacology, University of Manitoba - president of Pride Canada made reference to the Friendship Inn solvent abuse project at a Saskatoon Public School Board Meeting. He recommended the attending staff from this project as a resource to those in attendance. The findings from the 1995 retail attitudinal survey done in collaboration with Dr. Hindmarsh is often used to support the need for greater attention to escalating solvent abuse. This survey is also used to support retailers who have made positive intervention efforts.

St. Paul's Hospital - has been very supportive of this project and the Solvent Abuse Prevention Committee. A room has been provided free of charge for the monthly meetings as well as for the press conference held in March. The emergency department provided a spokesperson for the press conference and the C E O for the hospital is open to the suggestion to flag all admissions. Information booklets directed to health professionals have been requested by and delivered to the emergency department at this hospital. Pamphlets produced by this project have been requested and

placed in public display racks in the emergency department and the social work department. (Practicum students have attended the community meetings.)

Saskatchewan Institute of Applied Sciences and Technologies -SIAST Nursing Students - presentations continue to be made to small groups of nursing students and are well received.

Youth Care Worker Students, Early Childhood Development Students -
A youth care worker student has been an asset to the sub-committee for prevention week by donating the printing time for 30,000 pamphlets.

4) Community Schools

Princess Alexandra School - continues to support the prevention initiative and access staff for information.

Saskatoon Public School Board - Approximately 600 information packages directed to teachers, and support staff were dispersed to public elementary schools.

Saskatoon Separate School Board -- has distributed information pamphlets to principals, teachers and support staff. Some pamphlets for parents have also been distributed through the school system. *Tansi Program* - Recent contact made through the Pehkohowin project with a school coordinator suggests the possibility of connecting with this model peer group to become involved with our youth client base. A school board staff member is an active committee member.

Solvent Abuse Prevention Week- Six core area schools participated in an activity asking families whose children attend the school to search their homes and garages for solvents. Returned forms were used to draw for a family size pizza. Elementary school students also participated in a poster contest. A Saskatoon Police Service committee member acquired a donation of twenty- one solvent abuse prevention appropriately printed t-shirts to be awarded as contest prizes.

5) Youths:

Development of Youth Groups - can be jointly accredited to the sub-committee for youth as directed by the Toli-Heart (parent support group).

Kid's Night Out - continues to be consistently well attended. Some events such as family suppers and roller skating have to be limited in numbers. Overall this regular event has provided a safe place to expand social skill development. Attendance and behaviour of the youth speak clearly of the need for this type of regular programming. The weekly swim program is well attended with an average of 30 youth and 6 leaders. Bi-weekly art classes are also an important outlet for the youth that regularly attend and display their art.

The Inhale ant - Amos and Andy the "inhale ants" capture the interest of both children and adults These interesting characters are a great solvent abuse teaching tool for kids, and fun too! It is hopeful that this educational tool can become a travelling show throughout the schools. We would

like to eventually include more characters, costumes and scripts dealing addressing life skills such as anger management, assertiveness skills, and dealing with conflict.

Youth Leadership:

Meyo-Pimacihewin-Healthy Living Project - remains a possible future resource to assist the formation of a drama troupe using inner city youth to teach about the dangers of solvent abuse. The barriers that the children that we work with face in taking on a youth leadership role are similar to the barriers the adults in this community face, coupled with the lack of personal power that is inherent in being a youth.

Optimist Club - this service club facilitates the organization of the " Just Say No" programs in the elementary schools and has requested a presentation on solvent abuse. This has not been possible due to time restraints and has been scheduled into the future.
Pride Canada - A Pride Canada youth coordinator has requested an information session for her youth group. This request was a spin off from a brief information session to the outreach committee at McLure United Church about solvent abuse and the Friendhsip Inn Project.

6) Police:

The Saskatoon Police Service - continue to work with Friendship Inn and the Toli-Heart parent group in support our "grass roots" approach to solvent abuse prevention. Contact with the superintendent for the core area staff guaranteed representation at committee meetings. Police staff have committed to sub-committees and have put a great deal of work into Solvent Abuse Awareness Week, manning tables at malls, recruiting prizes for kids contests, and speaking at the press conference. Police have responded favourably to the media requests during awareness week. Response to intoxicated solvent abusers on and near our premises has improved immensely. Police officers have distributed the information package to Saskatoon retailers and refer people to our project for information about solvent abuse.
Education Officers - have made contact with project staff to seek out printed information handouts for presentations to university students who may be teaching in northern communities.
RCMP - The provincial drug awareness coordinator, Bill Blanshard will speak to the Saskatoon Solvent Abuse Committee in the future about solvent interventions and safety.

7) Solvent Abusers:

Involvement of solvent abusers - Solvent abusers continue to frequent Friendship Inn on a daily basis. Five former solvent abusers are now regularly attending Toli Hearts meetings. This winter numerous users were suspended from the use of Friendship Inn services due to entering in an intoxicated state. We recently discovered that an empty storage shelter on neighbouring property is used for a sniffing shelter. (The police have agreed to use surveillance regularly.)
Solvent Abuse Information Session - held to provide information to people using the services of Friendship Inn. This was also a practicum placement for the Pehkohowin project.

8) Business Sector:

Retailers - Numerous contacts have been made to encourage retailers to participate in the Saskatoon solvent abuse prevention committee. Some retailers requested the receipt of meeting minutes in their absence. One retailer participated in one meeting and agreed to attend the press conference. The retailers involvement proved to be very effective. He spoke on behalf of reputable retailers and effective solvent abuse interventions at the retail level. His comments were carried on radio, TV and print media and was extremely beneficial for other retailers. Several major chains and locally owned retail outlets gave out solvent abuse information pamphlets with each purchase during Awareness Week.

Donations - numerous retailers have made a variety of contributions to Solvent Abuse Awareness Week.

Riversdale Business Improvement District (BID) - Have inserted information about Solvent Abuse Awareness Week in their newsletter.

The Saskatchewan Pharmaceutical Association - will soon become a part of the Saskatoon solvent abuse committee. This is due to recent contact with Shopper's Drug Mart prior to prevention week and response to media coverage.

9) Other Regions

Winnipeg - Contact with Winnipeg Non-Potable Committee and Dr. Hindmarsh continued.

Sturgeon Lake - have offered a tour of their new facility White Buffalo. Time and bad weather did not permit.

Regina - information packages have been mailed to community school coordinators.

Prince Albert - The founder of the Prince Albert Solvent Abuse Committee spoke to the Saskatoon committee and encouraged future involvement to explore by- law and legislative strategies to aid future solvent abuse prevention measures.

10)Cultural Awareness:

Inner City Healing Initiative - Toli-Heart group members have attended numerous meetings under this initiative. The project hopes to become more involved with this initiative through committee membership.

Cultural Awareness Sub Committee - This sub committee intends to create opportunities for aboriginal people to learn more about Aboriginal culture. Many Aboriginal teachings and traditions are not available to people who have been raised off reserves, or whose families has been affected by residential schools. As well this sub committee would like to foster greater understanding and acceptance between Aboriginal and Non Aboriginal people.

Precursors to solvent abuse identified by the community:

Need for more organized and supervised activities
Need for opportunity to partake in activities restricted by poverty ie cost and transportation
Inadequate housing and difficulties with landlords
Lack of knowledge about what help is available and the means to access services
Discrimination and prejudice

Fear of consequences when being assertive
Unaware of personal rights
Lack of education and job opportunity
Lack of resources for teens unable to live at home

Precursors to Solvent abuse identified by observation of the community:

Lack of structure in daily living resulting in missed opportunities
Lack of knowledge about what help is available and the means to access services
Lack of comfort level with some services
FAS , FAE and ADHD in adults that need services
The time and effort required to establish trust
The lack of consistent support required to meet the needs of some families
Isolation
Lack of self esteem
Lack of problem solving skills ie. living from crisis to crisis
Unable to deal with the culture shock moving from a reserve to urban community (ie. numerous stressors)

C. Successes and barriers.

(The lists below are cumulative.)

Successes:

- Toli-Heart Support Group continues
- Group members involved with other community projects
- Parenting information being made available by Toli Hearts Members
- Solvent abuse information sessions for lifestyles week
- Increased awareness about solvent abuse
- Community agencies working together on behalf of children at risk
- Increase of parental involvement
- Re-creation of Toli-Heart pamphlet to include letters from parents
- Public awareness of the need for a community development approach to prevention
- Memorial Feast - second annual
- Cross-cultural awareness
- Cultural acceptance
- Building trust
- Networking with numerous agencies
- Working relationship developed with Community Corrections Solvent Abuse Prevention Project
- Inter-agency support and collaborative efforts
- Solvent abusers watching videos about the effects of solvent abuse
- Women's retreat was extremely successful
- Bonding of the women in the support group
- Women taking responsibility for their own group
- Women's Circle formed in Regina
- Excellent response to the creation of Solvent Abuse Information packages
- Distribution of Solvent Abuse Information packages to Public School teachers.

principals, community coordinators and teacher aids

- Formation of Saskatoon Solvent Abuse Prevention Committee
- Good representation on Committee from a variety of agencies and sectors
- Solvent abuse press conference
- Solvent Abuse Awareness Week
- Solvent abuse media coverage
- Community agency support and respect

Barriers

- Educational conference fees exclude many who would benefit
- Sporadic commitment or response by group members. This was often due to crisis occurring in the lives of members.
- Length of time required to build trust
- Time required to build group cohesiveness
- Lack of time individuals and agencies can commit due to work overload
- Cultural barriers
- Client lack of social skills to enable full participation ie. self-esteem, self-confidence, conflict resolution, assertiveness
- Frequency in moving to new accommodation by clients-difficult to maintain contact as few clients have telephones
- Substandard housing adds to client stress
- High incidence of vandalism and theft to clients - includes food and benefit cheques
- Assimilation process, that is the various stages and levels of understanding of both Natives and non-natives.
- Past anger and generational anger that interferes with present day functioning of clients
- Lack of social skills needed to develop meaningful relationships
- Lack of understanding of needs of adolescents
- Clients-group members difficulty dealing with numerous addictions
- Available programming age requirements need to be lowered for inner-city youth ie. need and suitability
- Need for immediate gratification
- Need for more one on one time with kids in trouble and lacking family support
- Fetal Solvent Syndrome, effects, fetal alcohol syndrome, effects and ADHD in both children and adults
- Inadequate health care and nutrition
- Lack of easy access to facilities such as laundry, shopping etc.
- Majority of young women and girls believe they have no right to refuse to consent to sexual activity
- Many women believe they need the man and cannot live alone
- Large families; parents are unable to deal effectively with children's problems
- Families taking on the responsibility of raising other's children when they lack the resources
- Teen parents lacking ability /skills/knowledge

- Teens wanting babies to meet their need for love and belonging and to receive assistance money
- Most clients have multiple unresolved issues ie. past and present sexual, physical, and mental abuse, neglect; family breakdown, divorce, absentee fathers, child apprehension, incarceration, grieving(premature deaths), addictions
- Lack of support for single parents
- Many clients are illiterate creating a multitude of problems
- Difficulties moving from welfare dependency to an independent lifestyle
- Fear of change
- Discrimination and racism
- Lack of transportation for off the premises activities
- Stereotyping
- Fluctuating numbers in all groups makes planning and goal completion difficult
- Guilt and shame keeps people in the community bound in the past unable to deal with the present and move to future goals

EVALUATION:

SASKATOON FRIENDSHIP INN
SOLVENT ABUSE PREVENTION PROJECT
1996/97

		Adequate	Effective	Efficient	Appropriate
1.	raise awareness of medical community, community agencies, retailers, individuals and solvent abusers	✓	✓✓	✓	✓✓
2.	ensure that medical community are asked to keep solvent abuse statistics	✓	✓	✓	✓
3.	produce and print information materials to raise awareness of solvent abuse in schools	✓	✓	✓	✓
4.	work in partnership with schools and use them as a vehicle to educate parents		✓	✓	✓
5.	distribute resource materials to medical community, community agencies, retailers, individuals and solvent abusers	✓✓	✓✓	✓✓	✓✓
6.	prepare and organize cultural and special events, activities for youth		✓	✓	✓
7.	explore available and unused resources in the inner city		✓	✓✓	✓✓
8.	expand community and women's support groups and establish men's support group		✓✓		✓✓
9.	continue with parent support groups		✓✓		✓✓
10.	develop an article outlining the findings of the Saskatoon retailer's survey to be published	✓	✓	✓	✓
11.	prepare a work plan for the development a community response team	✓	✓	✓	✓
12.	post the information gathered on the internet				
13.	approach major corporations and service clubs to sponsor youth leadership programs		✓	✓	✓

EVALUATION OF SASKATOON FRIENDSHIP INN 1996/97 SOLVENT ABUSE PREVENTION PROJECT

The general objectives for Saskatoon Friendship Inn's 1996/97 Solvent Abuse Prevention Project were:

A. Objectives:

1. **To increase the awareness of solvent abuse in Saskatoon**
2. **To reduce the incidence of solvent abuse among Saskatoon's inner city community.**

A central issue of the project was also to examine the development of a community model for solvent abuse prevention.

The strategy for achieving this objective was to use a community development approach: the project staff worked towards creating awareness of the need for a community response .We feel that it is still too soon to determine whether this strategy has reduced the incidence of solvent abuse in Saskatoon's inner city. In fact there appears to be an increase. Likely this stems from "breaking the silence" around solvent abuse. We know that the community's level of awareness has increased dramatically due to project events and activities.

B. Activities

1. raise awareness of medical community, community agencies, retailers, individuals and solvent abusers
2. ensure that medical community are asked to keep solvent abuse statistics
3. produce and print information materials to raise awareness of solvent abuse in schools
4. work in partnership with schools and use them as a vehicle to educate parents
5. distribute resource materials to medical community, community agencies, retailers, individuals and solvent abusers
6. prepare and organize cultural and special events, activities for youth
7. explore available and unused resources in the inner city
8. expand community and women's support groups and establish men's support group
9. continue with parent support groups
10. develop an article outlining the findings of the Saskatoon retailer's survey to be published
11. prepare a work plan for the development a community response team
12. post the information gathered on the internet
13. approach major corporations and service clubs to sponsor youth leadership programs

The following comments evaluate the appropriateness, adequacy, effectiveness, and efficiency of the 1996/97 project's strategies:

1. Raise awareness of medical community, community agencies, retailers, individuals and solvent abusers:

Information packages directed to specific groups ie health professionals, retailers and parents was an appropriate, effective and efficient means to raise awareness. Continued requests for information and presentations suggests that the project was very effective. Clearly, increasing the awareness of the extent of the problem and the dangers and social cost involved has encouraged more people to become involved in prevention. Again, the past year's work has shown that it takes time to build trust and credibility in the community. This year the profile and credibility of the project increased noticeably. Effective engagement

with key players in the community has accounted for the high degree of success in this year's project. Personal involvement has been an important factor.

Telling the story of project staff accessing a treatment centre for a young mother and her child, coordinating with the legal system and arranging transportation was an effective means to educate community about the enormous task that faces service agencies once chronic abuse has taken hold for many years. During this year's project numerous stories were shared by solvent abusers. The telling of these stories is a very effective means to encourage community members to work on solvent abuse prevention.

2. Ensure that medical community are asked to keep solvent abuse statistics:

The medical community has been asked to flag all admissions that involve the abuse of solvents. The CEO. of St. Paul's hospital is willing to participate in collecting data to ascertain the seriousness and extent of the problem. The general manager of Addiction Services supports our request for statistics and has collaborated with the hospital staff regarding the importance of record keeping. This was an effective strategy to increase the involvement of the medical community. Emergency staff from this hospital supported Solvent Abuse Awareness Week by speaking to the extent and seriousness of the problem at a press conference. These were appropriate and effective strategies to determine the extent of the problem in Saskatoon.

3. Produce and print information materials to raise awareness of solvent abuse in schools:

The information package produced specifically for schools was directed to teachers. The school boards approved and assisted in the distribution of 550 solvent abuse information packages to teachers, principals and resource staff. This has laid the groundwork for a curriculum to be implemented into the schools. This was a very appropriate, effective and efficient strategy.

involvement of community schools:

Community school coordinators are the best resource to children, youth and parents in the city core. Inner city community schools show a greater awareness of the solvent abuse problem. However, school coordinators are overtaxed and do not have the authority to implement solvent abuse education into the schools in a consistent manner. A project staff person spoke at a provincial conference in the fall of 1996. Information pamphlets were available to parents and teachers. Other information was requested and sent to Regina teachers as well. Presentations to a provincial community school conference was an appropriate, effective, and efficient means to educate about the importance of prevention and early intervention, as was the distribution of printed material through the school boards.

4. Work in partnership with schools and use them as a vehicle to educate parents:

Inner city public schools participated in the distribution of 1,640 information pamphlets which were passed on to their respective school families. Families checked their homes for solvents and returned signed forms back to the school. Reaching parents of children through schools is both effective and efficient. Although the awareness of solvent abuse has been raised in the schools, schools do not have the resources to address the issues of their families that are at risk or using solvents. Prevention education directed to the children is essential yet requires preparation for support from school staff, parents ,police, social services and numerous other agencies. This area requires far more attention and support from the community at large. In this regard it is apparent that our efforts to date are inadequate.

5. Distribute resource materials to medical community, community agencies, retailers, individuals and solvent abusers:

Medical community:

The information package titled " Solvent Abuse - A Community Problem Seeking A Community Solution " was also directed to health professionals. This package was requested and delivered to the emergency department at St. Paul's Hospital; given to groups of nursing staff during presentations and health agencies participating in the Saskatoon Solvent Abuse Prevention Committee. Information pamphlets have been requested by emergency room Doctors and social workers at St. Paul's hospital to be placed in waiting rooms.

Community agencies:

Approximately ninety agencies received resource materials via the Saskatoon Solvent Abuse Prevention Committee. Many more received materials as requested. Approximately thirty staff from Social Services participated in Solvent Abuse Prevention Week by staffing mall tables. During this time they were able to access much information about solvent abuse.

Retailers:

Two hundred information packages for retailers were prepared and distributed. All of these packages were distributed in person, either by project staff, or via the Saskatoon Police Service. Following Solvent Abuse Prevention Week many retailers requested and received the information package from the Community Police Station. Police staff refer those requesting further information to our project.

During Solvent Abuse Prevention week, forty-two retailers agreed to distribute solvent abuse pamphlets as bag stuffers to their customers. They were further exposed to solvent abuse information at the information booth that was set up in malls during that week.
The development of the Saskatoon Solvent Abuse Prevention Committee involving retailers was an important component of the project's community development model. The press conference preceding the Solvent Abuse Awareness Week provided a voice for a reputable retailer to speak to his and other retailers intervention efforts. Media coverage encouraged other retailers to speak to their efforts and it appears that a strong representation from the pharmaceutical sector can be expected in the future. Numerous retailers supported the awareness week by distributing bag stuffers to a total of 28,000 customers. This approach was a very effective and efficient means to involve both retailers and a large portion of the population. It gave retailers who sell, or control access to solvents, an opportunity to learn more about the effects of solvent abuse. It also gave them an opportunity to take responsibility for the sale of solvents. Many had already taken creative and responsible measures to restrict the sale of solvents. While this strategy was appropriate, effective and efficient retailers still need support in ongoing intervention efforts. The Solvent Abuse Prevention Committee will need to focus on encouraging support for as well as greater involvement from retailers. It is assumed that this effort will be very time intensive.

Individuals:

One thousand six hundred and forty pamphlets were distributed to the families of inner city children attending public elementary schools. Over twenty eight thousand pamphlets were distributed throughout the city by retailers during solvent abuse prevention week. Fifty solvent abuse information packages directed to parents were printed and distributed by various means.

Solvent Abusers:

Printed information was certainly available to solvent abusers, however they do not appear to be interested in accessing it. People using solvents tend to have multiple issues just meeting their most basic needs. Chronic solvent abusers are not likely to access printed material. This strategy is not appropriate for most chronic solvent abusers.

Overall, the distribution of printed material was an extremely effective, efficient, and appropriate strategy to raise the awareness of solvent abuse.

6. **Prepare and organize cultural and special events, activities for youth:**

The increasing numbers of children youth and parents attending weekly functions speaks to the effectiveness as well as the need for the program. Consistent attendance to regular programming has shown that the program was effective, efficient and appropriate. Specific classes that were started at the beginning of the project were adapted to better fit the needs of this community. Although some interest was shown in more structured activities with limited attendance, the response has been far more positive to drop in activities. The overwhelming response from beyond the core area suggests that a great need for positive, well supervised recreational and other activities for youth exists. The need far exceeded our ability to deliver adequate resources.

Some of the highlights of the cultural aspects of youth activities have included the completion of beaded barrettes by a number of the girls, children and youths participation in the Memorial Feast, and in Family Cultural Camp.

The premise underlying the development of youth groups was to build specific skills, self-esteem, & substitute positive activities for boredom. We judged this strategy appropriate to the project's goal; however, we realized that, to be effective, you have to find a program that fits the children's needs, abilities, and limitations. We found that an increase in activities has provided a model for the community and encouraged others groups to become involved in our youth activities, or start up their own. The project achieved this result by educating the community about the seriousness and scope of the problems faced by inner city children.

The unmet needs of children and youth in the inner city are enormous. From this perspective, the project did not meet the young people's need. This must be more adequately addressed by all three levels of government.

7. **Explore available and unused resources in the inner city:**

The initiation of the Saskatoon Solvent Abuse Prevention Committee was an effective strategy to expand the scope of resources that are either accessed or presently available. This committee offers an efficient means to tap resources using much less time and energy than one project can. This strategy will only become more efficient when this committee has been established for a longer period of time.

8. **Expand community and women's support groups and establish men's support group:**

The community support group and women's support group have maintained the same number of members over the past year's project. Some of the former members have moved to other centres. One past member of the Women's Circle has moved to Regina and initiated a Women's Circle there. These groups have proven themselves to be a very effective vehicle for raising the self esteem and skill levels of some of their members. It is important to note that those attending the groups consistently overcome many challenges just to be there. Some members have also become involved in other areas of concern for them. They attribute their personal growth and willingness to become involved in working on personal and community issues to their support from and involvement with Friendship Inn groups.

Several attempts were made to engage healthy men within the community, and from outside of the community in running a men's circle. This has not come to fruition. It appears that recognised elders are extremely busy and often ask for and receive fees that are restrictive to this project's budget. One elder suggested that the clients in our facility are too needy and would create too much of a demand on him. We continue to believe that this resource is important to the men in this community and will continue to work towards this worthwhile endeavour. We still believe this to be an appropriate strategy.

The positive changes in the lives of the families of the group members attest to the fact that these strategies are effective and appropriate. Far more time and effort is required to make these strategies adequate.

9. **Continue with parent support groups:**

Involvement of Families and Community (Toli-Hearts)
Involving individuals living in the core community was a very appropriate strategy. Core community families and individuals continued to meet on a regular basis. These families progressed to become more responsible community members. An improved balance between meeting personal needs and community responsibility was achieved by most of the group members. These individuals continue to build their own support networks, and have achieved a great deal of personal growth. This aspect of the project was very effective and appropriate. Individuals involved in teaching their own community members about the dangers of solvent abuse gained self-esteem and confidence. Also, project involvement opportunities provided similar benefits. The activities and personal energy given to this component of the project were both effective and appropriate. It is important to stipulate that this must be an ongoing process in order to be adequate.

10. **Develop an article outlining the findings of the Saskatoon retailer's survey to be published:**

The findings of the 1995 survey of Saskatoon retailers will be published in the article "Solvent Abuse - Changes in Attitudes and Knowledge". The article has been accepted for publication and will appear in Volume 30, No. 1, in the March issue of the Canadian Society of Forensic Science Journal.

11. **Prepare a work plan for the development of a community response team:**
The work plan for the development of a community response team includes the following steps:

a) Involve members and agencies that are aware of and affected by the solvent abuse problem such as Social Services, police, and the medical community.

b) Involve members who will benefit from supportive interaction and networking such as Social Services, police, retailers, and parents.

c) Initiate a solvent abuse prevention committee by setting a time and place for an initial meeting and sending letters to all possible interested agencies and individuals.

d) Introduce areas that can be acted upon immediately by sub-committees. Suggest possible sub-committees and ask members to join group. Groups will determine their own goals.

e) Plan a community wide solvent abuse awareness week.

f) Provide media with a package of information to educate them about the problem. Prepare public service announcements and media releases; ask committed people knowledgable about the problem to write editorials.

g) Hold a press conference with credible expertise to publicly address the problem.

h) Use this expertise to initially advise and endorse the protocol for a response team.

i) Continue to involve as many pertinent individuals and agencies as possible.

j) Use the protocol from a response team to expand to a city-wide and /or school based protocol for prevention and intervention.

12. **Post the information gathered on the internet:**

Information gathered from the internet provided effective and efficient access to global information on solvent abuse. The posting of information was not an appropriate strategy for this project at this time, as our focus had to be in this community. Time restraints prevented project staff from utilizing this strategy. In the future, this would be an extremely efficient strategy to make solvent abuse information available to other communities.

13. **Approach major corporations and service clubs to sponsor youth:**

Local service clubs were approached to fund the Family Cultural Camp. One service club responded with funding. Major corporations such as Safeway may be interested in funding workshops to train people to teach protective behaviour skills to youth and children. Many local businesses contributed in kind donations to youth activities. Media coverage from the Solvent Abuse Awareness Week has future potential to encourage chemical corporations to sponsor youth. This strategy will likely be far more effective as a result of increased awareness due to Awareness Week.

C. Successes and Challenges Noted Throughout the Project:

1. Successes:

A. Awareness

The following successes contributed to an increased awareness of the extent of the problem, scope of the problem, and social costs attributed to solvent abuse:

- Increased both Friendship Inn's staff and the communities awareness about solvent abuse
- Continuation of the formation of the group of concerned individuals/parent's support group: "Toli-Hearts".

- Inner city community residents continued to be actively involved in solvent abuse prevention: both project staff and group members participated in the Saskatoon Solvent Abuse Prevention Committee and other committees that spoke to the precursors of solvent abuse.
- The "Toli-Heart" pamphlet included a story by a parent who successfully guided offspring through the perils of solvent abuse.
- "Misinformation" about the purpose of the "Toli-Heart" group raised public awareness about the need for greater support for recovering solvent abusers and the lack of services directed to individuals and families.
- The "Toli-Hearts" group indicated that there was a greater need for individual support before many individuals that require the services of Friendship Inn can be give back to the community. This group has increased in the numbers that now participate in the healing circle.
- The information package "Solvent Abuse - A Community Problem Seeking A Community Solution" was directed to specific areas rather than a generic pamphlet. The areas were: schools, parents, retailers and health professionals.
- Media coverage encouraged more people to participate in the solvent abuse committee in the future.

B. Schools

The following successes contributed to schools' increased understanding of solvent abuse and their role in preventing it or reducing it:

- Dr. Wayne Hindmarsh, Dean of Faculty of Pharmacy, University of Manitoba gave recognition to the efforts of this project and encouraged parents and school teachers as well as Pride Canada to use project staff as a resource for solvent abuse education. Dr. Hindmarsh spoke at a public school board meeting when the results of a Pride Canada high school survey were released in November, 1996.
- The information package titled Solvent Abuse, A Community Problem Seeking A Community Solution has been directed to all school staff members. Approximately 550 packages were distributed throughout the core area and beyond. This effort to disperse information was supported by both the public and separate school boards.
- A presentation to the annual Provincial Community School Conference on solvent abuse was well attended and very effective.
- The school community coordinators supported prevention week efforts by distributing the" search your house for solvents" contest pamphlet and the solvent abuse awareness poster contest.

C. Youth

The following successes increased youth at risk's self-esteem, skill base, and substituted positive activities for involvement in solvent abuse:

- The project increased the number of opportunities for involvement in skill and self esteem building, cultural and recreational activities.
- The project exposed more agencies and organizations to the many needs of inner-city children and showed them what needs are not being met. Project staff expect that this exposure will result in more long-term programming & opportunities.
- The project's activities exposed the young people to excellent role & leadership models.
- The children and youth at risk had many opportunities to learn new skills and to make personal choices & decisions.

D. Families

The following successes involved the parents & families in solvent abuse prevention and increased their self-esteem & skill levels:

- Families learned more about the dangers of solvent abuse and become actively involved in prevention measures.
- Individuals and families volunteered their time in support of the project. This involvement enabled them to share their skills and to learn new skills from others.
- Families contributed their own ideas about what the children needed in the way of youth programming. They also took responsibility for carrying out their own ideas.
- More activities for children and youth were incorporated into the project activities because of increased parental involvement.
- The project held a very successful women's retreat that incorporated cultural activities into the event. These retreats have created a higher degree of trust in participating staff members, facilitators, and participants.
- The annual Memorial Feast allowed numerous inner city residents to contribute to the preparation of the feast and enjoyment of practicing their own culture.

E. Solvent Abusers:

The following successes attempted to involve active solvent abusers and encouraged them to find more positive alternatives to solvent abuse:

- Active solvent abusers learned more about the nature & scope of their addiction through weekly video presentations and attendance at workshops.
- Participation in accessing treatment for a chronic solvent abuser provided a clear understanding of the obstacles presenting to chronic solvent abusers around intervention and treatment issues.
- Agencies have directed known solvent abusers on probation to access the Toli-Heart group.

F. Community Agencies

The following successes improved the working relationship between community agencies, the project, and inner-city residents:

- Community agencies were generally supportive, provided information and are working on similar goals for children at risk.

- The Saskatoon Solvent Abuse Prevention Committee established mid-way through the project brought agencies and concerned individuals together to work for a common goal - the health and safety of its community members.

- The committee brought many agencies together to network and partner as they worked together on solvent abuse prevention.

- The committee was both an appropriate and adequate means to employ the existing resources of this community. This was also an excellent means to further educate agency members about solvent abuse and stimulate a community response.

- Solvent Abuse Awareness Week provided a vehicle to publicly engage a large number agencies that wished to support the need for solvent abuse prevention.

- The project provided video material and printed materials to agencies such as the Correction Centre, Addiction Services, West Side Community Health Unit, Calder Centre, St. Paul's Hospital, & Community Schools.

- Previously untapped community agencies and resources connected with participants via the women's retreat.

G. Involvement of Police

The following successes improved the working relationship between local law enforcement organizations, the project, and inner-city residents :

- Toli-Hearts group members toured the recently relocated Community Police Station.
- Toli - Hearts members participating in the Saskatoon Solvent Abuse Prevention Committee sub- committees developed rapport with members of the Saskatoon Police Service who were on the same sub committees.
- A former solvent abuser who spoke to solvent abuse issues at a Saskatoon Solvent Abuse Prevention Committee meeting became involved with a group which included a police officer and a fire inspector who were addressing the issue of sub- standard housing in the core area.
- The provincial RCMP drug awareness coordinator supports the program with his regular contact.
- Employees at the Community Police Station became highly involved in the Saskatoon Solvent Abuse Prevention Committee and in Solvent Abuse Prevention Week.
- Community Police Station employees have been highly supportive of the project and project staff.
- Community Police Station employees have increased arrests of people under the influence of solvents for their own and the community's safety.
- Arrests and convictions were made for persons exchanging solvents for sex with minors.
- Community Police Station employees used creative measures to put pressure on those bootlegging to minors which included arrest and charges of withholding financial information from pertinent agencies.
- A Community Police Station Employee distributed information about solvent abuse to retailers in the area, pamphlets to retailers for distribution during Solvent Abuse Prevention Week, collected posters for the poster contest during Solvent Abuse Prevention Week, arranged for prizes for the poster contest, designed the banner which hung in City Hall, and made arrangements for a television and a video cassette recorder for the mall display.
- Several Saskatoon Police Service employees staffed mall tables during Prevention Week.
- The Saskatoon Police Service was represented at the solvent abuse press conference.
- Saskatoon Police Service Employees have been extremely forthcoming in speaking to the press about solvent abuse.

H. Involvement of Businesses:

The following successes increased local businesses understanding of solvent abuse and improved their understanding of their role in helping to reduce it:

- Retailers supported the project by their donations to many functions.
- Retailers for the most part are dealing with the sale of solvents as appropriately as they are able.
- Retailers are expressing interest in becoming part of the Saskatoon Solvent Abuse Prevention Committee.
- Malls and retailers supported Solvent Abuse Prevention Week.
- Retailers awareness has been raised by Solvent Abuse Prevention Week.

2. Challenges

The following challenges limited the effectiveness of Friendship Inn's Solvent Abuse Prevention Project:

A. The unstable nature of many inner-city residents' lives makes project planning & achievement difficult:

Successes are limited by the unstable nature of the lives of the people the project works with. Families in the inner city face many barriers created by unresolved issues, poverty addictions, and lack of literacy. Many

children live in homes characterised by neglect and abuse. The numbers of children with extremely high needs are staggering. Schools and agencies are doing everything in their power to work with these children. This is, however a long term problem. There are no simple solutions.

B. Solvent abuse, and the precursors to solvent abuse are complex. Issues that need to be addressed are multitudinous and vital.

Project staff found that demands on their time were extensive. With the formation of the Saskatoon Solvent Abuse Prevention Committee, it is hoped that other agencies, levels of government, and corporations make a long term commitment to this issue.

3. Recommendations:

Friendship Inn recommends the establishment of a long-term solvent abuse prevention program for Saskatoon:

The causes of solvent abuse are closely related to poverty. As such, preventing solvent abuse means searching for ways to cope with the problems rooted in our society's social structure. The scope of the problems underlying solvent abuse means that to be effective prevention measures require at the very least long-term commitment. This commitment is especially important in order to build the community's trust-an important ingredient for success.

Effective solvent abuse prevention needs more coordination with existing social agencies:

Ideally, every urban centre would have a single point-of-entry where anyone needing services can find information about the programs and services offered in a community. Friendship Inn's experience has been that many inner-city residents do not use a community's existing services. Most often these residents simply do not know that these services are available. First Nations people leaving the reserve are at an extreme disadvantage in this regard. They are often poorly-prepared to make this transition. And when they encounter problems they seldom know how to find the appropriate resources. First Nations bands could be doing more to prepare their members for the transition to urban life. The existing social agencies could also be doing more to better prepare First Nations people leaving the reserves for urban settings/life.

Effective solvent abuse prevention needs more family services:

The causes of solvent abuse are closely related to lack of hope. As a society we need to show that children and families are important to our survival. Family recreation and family education are fundamental to the development of healthy values.

Healthy communities need more education about all addictions and how they affect individuals, families and entire communities.

Education about all addictive practices must be ongoing. Many children and youth are dealing with the effects of their parents' addictions. Education must include skills to foster the development and maintenance of healthy relationships. Prevention education directed to the children is essential, however this information must be accepted by school staff and education boards. As well, support services to address these problems in depth must be in place. Communities need to accept responsibility for all children.

Solvent Abuse Awareness Week Needs to be an Annual Event.

The increase in awareness as a result of the efforts preceding and throughout the awareness week were highlights for this project. Numerous people commented that this was a necessary and timely event. This event gave the community "permission" to speak more openly about solvent abuse.

Poison Control Centres and Mental Health Agencies need to be partners in solvent abuse awareness and prevention.

Prevention measures need to move solvents from a drug focus to the safe use of potentially harmful noxious products. Chronic solvent abusers likely require greater community support and mental health services.